

Outdoor play in children’s education and care services

As part of your child’s daily routine, services will often dedicate blocks of time to outdoor, risky and messy play experiences.

Active and quiet play experiences are offered in natural environments and outdoor spaces. A range of equipment, resources and open spaces are used to engage children in physical play.

Outdoor environments in services should be:

Dynamic and flexible, providing opportunities for children to be active, and for unique play and learning inclusive, to support the diverse needs, interests, preferences and learning styles of all children furnished and equipped with materials that allow for multiple uses, encouraging children to become flexible thinkers and investigators.

Outdoor play is encouraged in all seasons, including during cold weather, to give children opportunities to engage in nature based and active play experiences.

OUTDOOR PLAY CAN PREVENT NEARSIGHTEDNESS

EXPOSURE TO SUNLIGHT BOOSTS THE IMMUNE SYSTEM AND VITAMIN D PRODUCTION

DURING OUTDOOR PLAY KIDS LEARN SOCIAL BEHAVIOR AND PROBLEM-SOLVING SKILLS

EXERCISE DURING OUTDOOR PLAY IS OF KEY IMPORTANCE

OUTDOOR PLAY TEACHES RESPONSIBLE RISK-TAKING

Kiddo’s OSHC is SUN SMART!
Children are taught how and when to apply sunscreen and how to check the UV rating and play in the beautiful shady outdoor area we have at Kiddo’s Woodlake

SUNSMART

SLOP! on some sunscreen

SLIP! on a shirt

SLAP! on a hat

SEEK! shade

SLIDE! on some sunglasses

sunsmart.com.au

