Ideas and information for parents and carers of children aged between 4 and 11 years



The Power of Playtime!

Outdoor play, every day, will change your child's life

Step inside to find out:

Why it's important for children to play outside every day
How your child's school is changing playtime
3 key ways you can help

Plus a pull out and keep sheet including **8 top tips** for more outdoor play at home and **3 sure-fire outdoor play starters**

Outdoor Play and Learning (OPAL) CIC

Supporting school improvement through play

www.outdoorplayandlearning.org.uk

What are your
play memories?

Take a moment to think about your own childhood play.
What did you enjoy most?
Were there adults around, or just other children?
What did you learn from those experiences?
How would your play memories compare with your parents', or grandparents'?
What are the differences to your children's everyday play experiences?

Making dens, throwing snowballs, dressing up, building and dismantling things, getting muddy, play fighting, playing cricket in the street and chasing games are not frivolous pastimes; they are a necessary part of childhood, the experiences that help make us who we are.

Having time, space and permission to play is essential for mental health, physical strength and creating the friendships that will support your child for life – as they probably did for you, your mum or dad, aunties or grandparents.

Are children losing
The Power of Playtime

In a global survey, 97% of teachers said playtime is critical for children to reach their full potential, but in the UK children have lost over 45 minutes of playtime at school every week since the 1990s.

In England 1 in 5 children get to a 'green space' like a local park less than once a month, and in 2020, under coronavirus restrictions, 60% of children said they had even less time outdoors than they usually do.

Sources: Dr W Russell et al, 2021 OPAL Literature review; The People and Nature Survey for England: Children's survey, 2020, Natural England.



When I play outdoors ...

Pull out and keep sheet

I'm really **active**

I sleep better

I make **friends**

I fly!

I learn to trust myself and feel trusted by you

I fall ... and I get up

I explore

I learn about nature ... and learn to care for the planet

I work out my problems

I try out 'real life'

I get to know how my body moves and where it ends

I am LOUD

I am quiet

I get dirty

I build GRIT

I have lots to talk about

I'm sick less often

I am happy ... and when I'm happy, I want to keep playing



Play is what I do when grown-ups stop telling me what to do.