

Why being outdoors matters!



A parents' guide to being outdoors - how you can help your child to use the outside environment.

"A community who live and learn together"

Why does being outdoors matter?

Exploring and playing in the outdoors gives children great opportunities to learn and have fun. Outdoor places provide lots of experiences that just don't happen indoors: changing weather, wildlife and plants, trees, rivers, wide skies and open spaces.



Lots of these photos were taken when children were out with St Edmund's, but children can do all the same things with their parents and carers.

Where can we go?

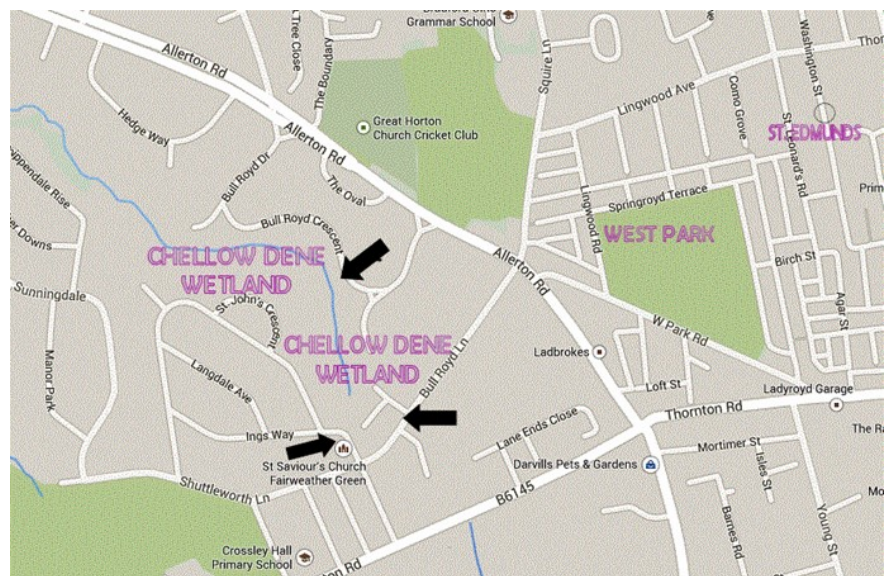
Go for walks and discover local green places together. There are plenty of parks near-by. Chellow Dene Wetlands has grass, trees, streams and ponds and wildlife. City Park has the mirror pool and fountains. Remember that there are lots to do and talk about as you are walking there: different vehicles, post boxes and bus stops, people working, different sounds and smells, safe road crossing and so much more. Remember: take a drink and snack ... or a full-on picnic!



West Park



Chellow Dene Wetland



Grass, trees, streams and ponds and wildlife

Manningham Park and Cartwright Hall Art Gallery

Playground, gallery, boating lake, café...



City Park in the city centre

Mirror pool, fountains, library...



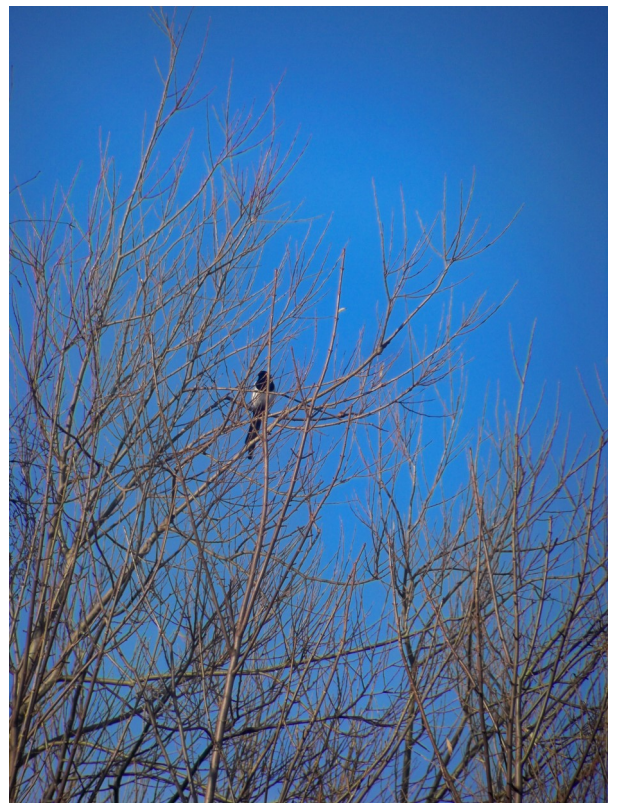
When should we go?

Go out together in *ALL* weathers . Children find different types of weather really exciting and it provides lots of opportunities to learn about the world we live in. As long as your child is dressed appropriately they will be comfortable whilst they are enjoying splashing in puddles in the rain, sliding in deep snow or playing in the park on a hot summers day. Layers of clothing, gloves and hats help on cold days. Waterproofs and wellies are essentials for wet weather. Sun hats, long sleeves and sun cream protect when the sun is strong.



Look and listen:

When you are out encourage your child to look closely at the plants and objects around them. If they lift up twigs and leaves they might discover mini-beasts. Stop for a while and listen to the sounds. Look in the sky and the tops of trees for birds and squirrels. But also watch out for dinosaurs, tigers and bears!



Make a den:

In the backyard it's easy to help your child build a tent with a couple of chairs and a sheet. Near trees or a fence some strong string and a large piece of old material are all you need to help your child make a special place that will inspire their imagination. You can also help them make mini-shelters out of twigs and leaves for the pretend little folk and creatures who live in the woods.



Grow something:

Grow something together. There is so much to learn from planting a seed and watching a plant grow. If you can pick, cook and eat it together, all the better! You don't need a garden to grow plants. A plastic box or old bucket next to your doorstep is a good way to start and a great size for your child to look after. Make a few small holes in the bottom and fill with soil or compost. One or two large seeds like courgettes or marrows, beans or peas are easy for children to handle... or small plants such as strawberries. Remember to water them!



What else can you do?

Climb a tree...



What else can you do?

Jump off a log...



What else can you do?

Run or roll down a hill...



What else can you do?

Walk up your street....



What else can you do?

Be creative with leaves and twigs...



What else can you do?

Play in mud....



What else can you do?

Go for a picnic....



What else can you do?

Play in the snow or build a snowman....



What else can you do?

Post a letter....



What else can you do?

Go on a train or bus journey....



What else can you do?

Walk through some long grass....



★ BETTER TOGETHER

This booklet is based on ideas suggested by parents and staff at our Better Together day.



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