

HEALTH PROMOTING SCHOOLS

Become a Nature Navigator

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

Autumn is a perfect opportunity to increase family time in nature. Spending time outside is good for your child's body and their brain. Being outdoors improves children's ability to learn and remember things more easily.

Outdoor activities can improve our mood and decrease feelings of stress. Moving more and sitting less can improve a child's self-confidence, self-esteem and reduce loneliness when spending time outside with their family and friends.



RESOURCE LINKS:

- [Getting Kids Outside | The Nature Conservancy](#)
- [Health Benefits and Tips | National Wildlife Federation](#)
- [Adventure Calendar | Outdoor Play Canada](#)
- [The Benefits of Outdoor, Risky Play and Why Children Should Play Outside More! | PHE Canada](#)
- [Unstructured outdoor play and risky play – Parachute](#)
- [Parent Tool](#)
- [Benefits of Play](#)
- [play_perceptions vs fact infographic](#)

Additional Tips:

Tips for spending more time outdoors:

- Plan time each day for your child to be outside.
- Allow time for free play and avoid directing their activities. This will develop their imagination and curiosity.
- Enjoy some autumn family fun by visiting a corn maze and picking apples.
- Provide opportunities to play in all kinds of weather, not just on sunny days. Use varying weather to teach about the importance of appropriate dress and preparation.
- Winter activities are a great time to teach children about keeping their hands, feet, and head warm and dry.
- Use outdoor time to improve physical fitness as well. Go for a hike, rake some leaves, bike some trails or walk the dog.

