

Outside Time

Enjoying the Retreat of your own Backyard

Benefits To Your Health

Physical Health: Children play harder outside than they do inside.

↑ Children who spend more time outdoors have **improved motor development**.

↓ More time outdoors is linked with lower obesity rates.

Learning: Promotes curiosity, creativity, and critical thinking.

↑ More time exploring nature is linked with improved learning outcomes.

Behavior: Children are more regulated when they play outside.

↓ Children who spent time outside had less anger and aggression.

↑ Improved impulse control.

Mental Health: Time outside improves our emotional health.

↓ Stress and depression are reduced for all people who spend time in nature.

↑ Increased focus and reduced symptoms of ADHD.

healthychildren.org

Colorado's 'Safer at Home' Guidelines:

- Social Distancing at **least 6 feet** from anyone outside your family .
- Wearing a **face mask** whenever outside your own house or yard.
- Travel for recreation is restricted to **10 miles**.
- **Groups of 10 or less**, while maintaining social distancing.
- If you, or someone in your home gets sick, you must isolate.
- Higher-risk individuals should stay at home, only leaving for essential activities.

covid19.colorado.gov



Go Play Outside! Ideas & Activities



If you have any outdoor space make it your new favorite room. Bring meals, school work, playtime, and exercise outside.



Any sand box, rock box, dirt patch or mulch. Bring out the old baking utensils, plastic trucks, or animals and have at it!



Consider planting a garden with your child, however small or large. A great chance to try new foods and play in dirt!



Make a "fort" even if it's just an old tent that they can bring a few of their favorite books and toys out to, let their imagination grow!