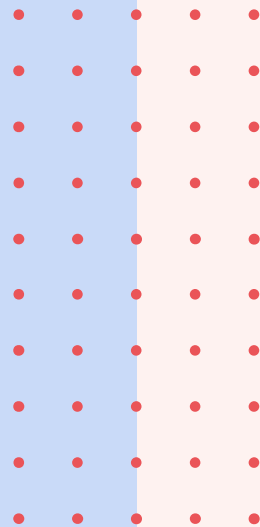


# The importance of playing outside.

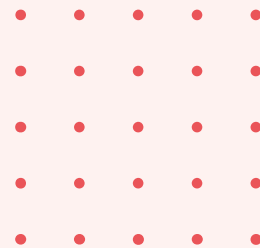
---

Garderie Francofleur et Miel 2021



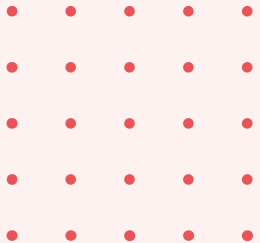
# Table of Contents

Definition of play .....	3
Why should children play outside? .....	4-5
Effects on mental and physical health .....	6
How much physical activity do children need? .....	7-9
The regulations of the Ministry of Education .....	10
The parent's guide to outdoor games .....	11
Important statistics .....	12
Why children play less outside .....	13
Maximal time per day that children should use recreational screens .....	14
Activities to be done in spring, summer and autumn .....	15-17
Activities to do in winter .....	18-19
Conclusion .....	20
References .....	21-22

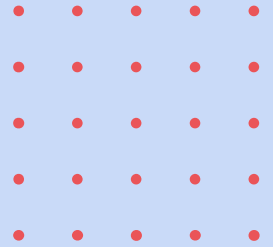


## Definition of play.

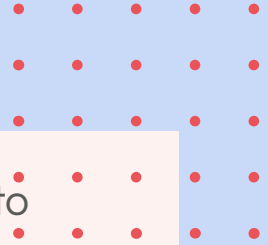
To play is defined as “engaging in an activity for enjoyment and recreation rather than a serious or practical purpose”



# Why should children play outside?



# Why should children play outside?



- Playing outside helps stimulate the child's development; it allows them to discover new things while embarking on different adventures.
- Outside play puts children in direct contact with nature.
- Children who discover early on in their lifetime the fun of playing outside, will make a habit of going outside throughout the years. For these children, playing outside won't be seen as a punishment, but as a fun activity.
- Spending time outside, allows children to move their body and this helps diminish stress levels.

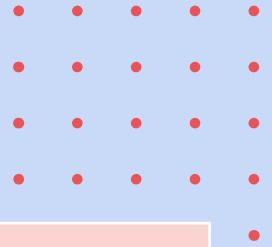
# Effects on mental health

1. Helps have a better mood (happiness).
2. Increases a child's capacity to concentrate and learn.
3. Better cerebral development.
4. Allows the child to develop and use their imagination.
5. Increases the child's confidence.
6. Decreases mental health related problems such as, anxiety and depression.
7. Develops autonomy
8. Increases empathy

# Effects on physical health

1. Improved cardiac health.
2. Helps maintain good physical health and good physical condition.
3. Eye health is improved.
4. Can help maintain a healthy weight.
5. Children sleep better.
6. Develop their motor skills (agility, jumping, balance, etc.).
7. May decrease the risk of physical illness.

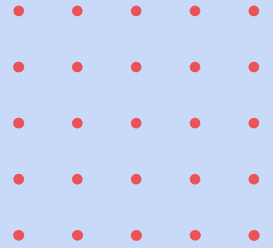
# How much physical activity do children need?



Age	Amount of physical activity recommended per day according to the Canadian Society for Exercise Physiology
3-4 years old	3 hours (180) minutes per day, spread over the day
5 to 17 years old	1 hour (60 minutes) per day, spread over the day, with a combination of: High-energy activities (for example, jogging, football, tag) at least 3 days a week Activities that strengthen muscles and bones (e.g., hiking, dancing, swimming) at least 3 days a week

Let your kids play outside and meet their need for nature and physical activity at the same time!

# How much physical activity do children need? (cont.)



For mental health, studies show that spending at least 30 minutes a week outdoors helps improve mental health (Shanahan, 2016).

For spiritual health, studies show that 5 to 10 hours a week outdoors help children feel connected to nature (Van Wierem, 2013).

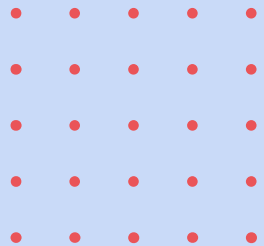


# How much physical activity do children need? (cont.)

For eye health, it is recommended to have at least 10 hours a week outdoors (1h30min outdoors every day).

# The regulations of the Ministry of Education.

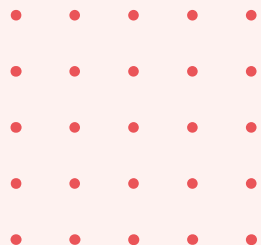
- Every child who receives child care for six hours or more a day must spend at least two hours a day outdoors.
- When a program only works before school or after school: each child must spend at least 30 minutes a day outdoors.



Note: Only if weather conditions permit or written notice from a doctor or a parent of the child stating the contrary

# The parent's guide to outdoor games

- Any child who attends daycare for more than six hours must go outside for a minimum of two hours every day unless inclement time.
- If your child cannot participate in outdoor games, we cannot take care of the child because we have to meet the strict criteria for ratios.
- Make sure your child needs to wear the right clothes.
- For young children, short periods outdoors should be prioritized. It is better to go several times a day for short periods of time than for a long period of time.



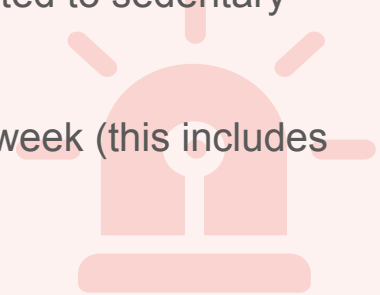
# Statistics.

→ Only 14% of children aged 5 to 11 do the 60 minutes of intense physical activity they need daily (Young Fit, 2015).

Canadian children spend an average of seven hours 48 minutes a day in front of screens (Young Fit, 2012).

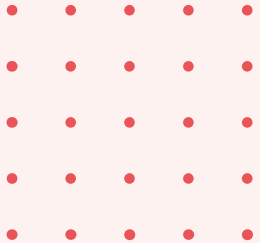
63% of children's free time (after school and weekends) is devoted to sedentary activities (Young Fit, 2012).

46% of children play only three hours or less of active play per week (this includes weekends) (Young Fit, 2012).



# Why children play less outside.

- Parental restrictions
- The obsession with security
- Lack of role model (Ex: sedentary parents)
- Lack of time
- Lack of space (Ex: not a big playground)
- The supremacy of screens

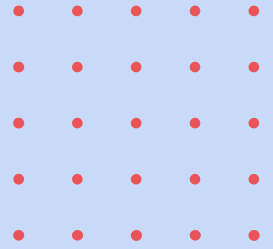


# Maximum time per day that children should use recreational screens.

Age	Recommended amount of time per day
0-2 years	No screen time at all
2-4 years old	Maximum of 1 hour per day, less is better. Children are actually healthier with less screen time.
5-17 years old	Maximum 1 to 2 hours of recreational screen time per day, less is better. This can be difficult because school-aged children are starting to use screens to work at school. Screens should ideally only be used if they provide a meaningful learning experience that cannot be accomplished without a screen.

(Canadian Paediatric Society, 2011)

# Activities to be done in spring, summer and autumn.



**Paint the  
fence or  
porch.**

**Water games.  
Ex: bathing,  
playing with  
the watering  
can.**

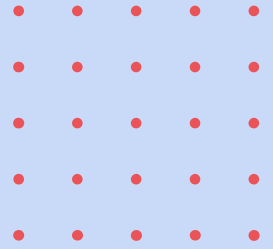
**Water the  
garden.**

**Pick flowers.**

**Playing in the  
park. Ex: sliding,  
swinging, etc..**

**Helping to  
feed the  
birds.**

# Activities to be done in spring, summer and autumn.



**Watching  
wild animals.  
Ex: Squirrels.**

**Collect  
natural  
elements.  
Ex: Rocks**

**Make sand  
sculptures.  
Ex: castles**

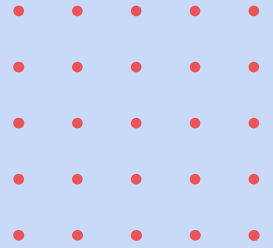
**Draw with  
chalk on the  
paths.**

**Walking on trails.**

**Participate  
in different  
sports. Ex: a  
soccer game.**



# Activities to be done in spring, summer and autumn.



**Walking around  
by bicycle.**

**Roller  
blading.**

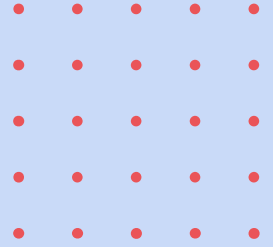
**Skateboarding.**

**Play tag.**

**Climbing a  
mountain.**

**Capture insects  
for an  
insectarium  
using a net.**

# Activities to do in winter.



**Making  
angels in the  
snow.**

**Throw  
snowballs.**

**Create snow  
construction  
s with  
buckets.**

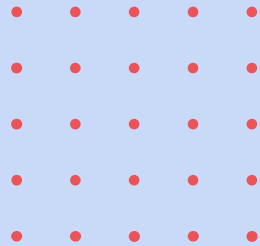
**Going to  
slide on a  
mountain.**

**Building and  
decorating a  
snowman.**

**Shovel snow.**

**Discover  
nature in  
winter.**

# Activities to do in winter.



**Cross-country  
skiing.**

**Snowshoeing.**

**Skate.**

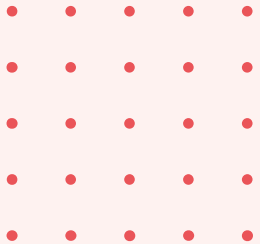
**Alpine skiing.**

**Snowmobile.**

**Fishing on  
the ice.**

## Conclusion.

→ Access to active play in and around nature in general, with all its risks, is essential to the healthy development of the child. We must all work together in our homes, schools and communities to increase opportunities for self-managed outdoor play. Playing outdoors is one of the best ways to improve the physical and mental health of our children.



# References.

- Larousse. (n.d). Jeu. Dans Dictionnaire en ligne. Consulté le 27 février 2021 sur <https://www.larousse.fr/dictionnaires/francais/jeu/44887>
- La nature et pourquoi c'est essentiel pour le cerveau des enfants: Informations pour les parents et les gardiens. (n.d.). Consulté le 1<sup>er</sup> mars 2021 sur <https://www.esantementale.ca/Vancouver-Coastal/Nature-and-Why-Its-Essential-For-Kids-Brains-Information-for-Parents-and-Caregivers/index.php?m=article&ID=52861>
- Pourquoi les enfants ne jouent-ils plus dehors: facteurs et pistes de solution. (2018). Consulté le 3 mars 2021 sur <https://vifamagazine.ca/comprendre/sante-physique/pourquoi-les-enfants-ne-jouent-ils-plus-dehors-facteurs-et-pistes-de-solution/>
- Jouer à l'extérieur les 10 bienfaits pour votre enfant. (2020). Consulté le 13 mars 2021 sur [https://www.passionsante.be/index.cfm?fuseaction=art&art\\_id=23437](https://www.passionsante.be/index.cfm?fuseaction=art&art_id=23437)
- Program requirements re activity, rest, sleep, outdorr play, etc. Consulté le 14 mars 2021 sur <http://www.edu.gov.on.ca/earlyyears/program-for-children.html>

# References. (cont.)

- Pourquoi est ce important que les enfants dehors?. (2020). Consulté le 10 mars 2021 sur <https://www.youtube.com/watch?v=ygC8lx0Ewyw>
- On joue dehors!. (2017). Consulté le 10 mars 2021 sur [https://naitreetgrandir.com/fr/etape/1\\_3\\_ans/fiches-activites/jeux/bg-naitre-grandir-enfant-activite-jouer-dehors/](https://naitreetgrandir.com/fr/etape/1_3_ans/fiches-activites/jeux/bg-naitre-grandir-enfant-activite-jouer-dehors/)
- Jouer dehors, c'est tout aussi important l'hiver!. (2019). Consulté le 9 mars 2021 sur <https://naitreetgrandir.com/fr/nouvelles/2019/12/30/20191230-jouer-dehors-enfant-important-hiver/>
- Les enfants et les jeunes Canadiens reçoivent la note F pour le jeu et les loisirs actifs, qu'ils délaissent au profit des activités sédentaires et des écrans de télévision et d'ordinateur, au plaisir de certains parents qui craignent pour la sécurité de leurs petits. (2012). Consulté le 9 mars 2021 sur <https://www.lapresse.ca/vivre/sante/enfants/201205/29/01-4529573-les-enfants-canadiens-ne-jouent-pas-assez-dehors.php>