

Benefits of Being Outside



We may all have been inside much more than we used to be over the last year to avoid getting sick and for online school; but, did you know the many ways being outside helps kids?

6 ways being outside is good for us:

1 Being outside is break from screen time.

We all are probably spending more time on screens than we should. While there are many educational activities for children online, our eyes and brains need a rest from the eye strain that comes from looking at screens. Being outside helps our eyes because we can focus on things near and far. It rests our brains because the interactions we have in person are easier for our brains to understand than the ones we have online.



2

Sunlight helps our bodies.

Sunlight on our skin helps our bodies make Vitamin D, which we need for healthy bones and a healthy immune system.

3 Being outside and moving improves your mood.

Moderate activity for 30 minutes a day can really make you feel better. Playing outside on a playground, playing basketball, jumping rope, and riding bikes will make you feel happy.

4

Being outside and moving improves sleep.

An hour of sunlight in the morning helps improve sleep, according to research. Sunshine also helps your body know when to be awake and when it's time to be asleep. Exercise also helps burn off energy, stay healthy, and helps us feel more relaxed and ready to sleep at bedtime.



5 Being outside gives children new experiences.

Children need a variety of experiences throughout their day to encourage learning and healthy brain development. Being outside gives them the chance to see new things, such as plants, insects, people, and places, and to learn about them. Running, jumping, and climbing also help build motor skills, another critical part of healthy child development.



6

Being outside can be a chance to meet and play with other children.

Having time to practice introducing yourself to new people, making friends, playing with others, solving problems, and learning what to do in new situations is very important. Having a chance to learn and practice good social skills with a variety of safe people will help children build confidence and have more success in school, childcare, and in their friendships.