

GET ACTIVE!

DISCOVER THE OUTDOORS

An initiative to get kids moving, learning and engaging with their environment.

LIMIT SCREEN TIME

DISCOVER

HEALTH BENEFITS

EXERCISE



STRUCTURE
DAILY PLAY

PLAY

ENGAGE

MENTAL HEALTH & WELLBEING



LEARN

THROUGH EXPERIENCE



FREE PLAY

ENCOURAGE

CONFIDENCE

BENEFITS

Outdoor activities promote physical, social, mental, and emotional wellbeing. Engaging with the outdoors also benefits children with their sensory, motor and cognitive development.

References

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