



The Importance of Play

Playtime is NOT wasted time. Children need unstructured time to play and explore without adult interaction in order to develop social independence and creativity. This does not mean children run around unsupervised and unmonitored. Unstructured play means that a child directs their own play and their own learning.

When given the choice, the outdoors is where most children want to be and play outdoors is what they most want. In surveys with young children, particularly those carried out to inform the development of the Early Years Foundation Stage (EYFS) framework, being outdoors always comes out at the top of their priorities and favourite things in nursery.

The outdoors is the perfect place to promote a child's free play where the child's mind can wander and explore in its own way.

Nature provides a variety of sounds, colors, textures, and places for children to explore and investigate. These are opportunities for children to learn problem solving skills, develop physically, and improve social-skills and emotional intelligence by working collaboratively with others and contributing ideas.

Playing outside may:

- Stimulate creativity
- Encourage problem-solving skills
- Increase concentration
- Decrease temper tantrums, and behavioural problems

Indoor lifestyles may increase the chance of:

- Sleeping Problems
- Stress related illness
- Diabetes
- Obesity

For any more information about outdoor play or any other curriculum areas, please speak to preschool staff.