



How Does Outdoor Play Benefit Seven-Year-Olds?

Playing outdoors under the sun improves a child's immunity, mood, and sleep.



It can make the child physically active.

It gives children a safe space to practice life skills.



It helps build confidence by encouraging children to take challenges.



Interactions during outdoor play help make children more social.



It helps cultivate a love for adventure and nature.



References:

1. Middle Childhood (6-8 years of age); Centers for Disease Control and Prevention
2. Six reasons children need to play outside; Harvard Health Publishing