

## Go outdoors



The outdoors is the best place to enjoy games and help build my physical, social and emotional skills.



I love running, jumping, climbing and chasing!



Going outdoors is great fun! Children love using their imagination and talking about what they see.



The sun gives me the vitamin D that I need to help my body and mind. Vitamin D increases the production of serotonin which supports your child's mood and is linked to happiness.



Spending time outdoors can have a positive impact on both mental and physical health at any age.



Children enjoy connecting with nature and exploring different types of plants – it makes them feel calm.



Scan the QR code for further information and ideas

