Outdoor play in cold or wet weather

There is no such thing as inappropriate weather, only inappropriate clothing..

Fresh air is absolutely vital for everyone’s health, adults and children. It provides us with the steady supply of oxygen that is required by our brain and all the cells of our body. We can go for days - even weeks - without food, but we are unable to survive for more than a few minutes without fresh air.

When we are feeling ill or experiencing any kind of disease fresh air is even more important.

Some of the many health benefits of fresh air.

 Helps improve our heart rate, blood pressure, and metabolic rate

 Helps the immune system fight off disease more effectively

 Soothes nerves. Fresh air promotes relaxation and a feeling of being refreshed

 Stimulates appetite and will help our food to digest more effectively.

 Helps us sleep more soundly at night

 Helps to clear our mind, improves our concentration, and helps us to think more clearly

 Alters our brain levels of serotonin which helps to improve mood and promote a sense of

 happiness and well-being

 Helps the airways of our lungs to dilate more fully and improves the cleansing action of our lungs

 Helps our body get rid of accumulated impurities

 Strengthens our immune system by supplying the oxygen it needs.

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. Even children who are mildly ill but active should go outside if the weather is not severe. Everyone feels refreshed when fresh air is part of the daily routine.

Taking children outdoors daily, even in winter, is a healthy part of our program and is safe when clothing is appropriate.

Active outdoor play at all times of the year is also an important part of obesity prevention and helps to establish life-long patterns of healthy physical exercise.

With gum boots and rain jackets over their normal clothes children are warm and protected and able to enjoy uninhibited outdoor play. There are a range of websites where you can purchase great winter outdoor clothing for children.