

**Spending time outdoors improves children’s mental health.**

* Create a piece of writing to persuade people that spending time outdoors helps to improve children’s mental health.
* Use this guidance sheet and information on the following website to help:

<https://outdoorclassroomday.com/2018/03/19/five-reasons-going-outdoors-improves-childrens-mental-health-and-wellbeing/>

**Structure**

**Title: Playing outdoors helps to improve children’s mental health**

**Paragraph 1- Introduction**

* State that you agree with the above statement and list 2-3 reasons to explain why you agree.
* For example: *I strongly believe that spending time outdoors helps to improve children’s mental health. I think this because…*

**Paragraph 2: Explain your first reason (eg. break from schedule)**

* Begin with an opening sentence which states your first argument. Remember to start your sentence with a time connective e.g. firstly, my first reason etc.
  + *E.g. Firstly, being outdoors gives children a break from their busy schedules.*
* Explain your point in more detail by adding more information.
* See first paragraph on the website (link at the top of page).

**Paragraph 3: Explain your second reason (increase in vitamin D)**

* Opening sentence which states your second argument.
* *E.g. Secondly, being outdoors help children to increase their vitamin D intake, which is important for keeping healthy.*
* Explain this point in more detail by adding more information.
* See paragraph on the website (link at the top of page).

**Paragraph 4: Explain your third reason (relieves stress)**

* Opening sentence which states your third argument.
  + *E.g. In addition, being in the outdoors can help to relieve children’s stress and anxiety, which ultimately improves their mental health.*
* Explain this point in more detail by adding more information.
* See paragraph on the website (link at the top of page).

**Paragraph 5: Conclusion**

* Write a few sentences to sum up your arguments.
* For example: *In conclusion, I believe that spending time outdoors can improve children’s mental health because it gives them a break from busy schedules and helps clear their mind, it increases their vitamin D intake which contributes towards better health and it helps to relieve their levels of stress and anxiety.*

**Remember to add in persuasive words and phrases throughout. You will find these on your persuasive writing word mat.**

**Examples of persuasive words and phrases you might use are:**

* *Surely kids mental health is important!*
* *There is no doubt that spending time in the fresh air helps to clear children’s heads.*
* *It’s outrageous that some children are spending so much time indoors!*
* *I strongly believe children should spend more time outdoors.*