

IT ALL STARTS WITH A GREAT IDEA

Nothing can replace the fresh air, sunshine and adventure of an afternoon playing outdoors. It's important to create environments and opportunities in our communities that support active outdoor play for kids.

Inspire children, youth and families in your community to Go Out and Play! Here are some great ideas that encourage active outdoor play:

- Enhance play spaces by adding lighting, plants and more green space for kids to discover.
- Run a low-cost or free program for kids or families to explore nature like geocaching.
- Celebrate your community's history with a unique trail system.
- Build a natural play space.



Natural Play Spaces

WHY ACTIVE PLAY?

Access to active play in nature and outdoors – with its risks – is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings: at home, at school, in childcare, the community and nature.

-Position Statement on Active Outdoor Play

HERE'S WHAT EXPERTS HAVE FOUND:

- When kids are outside, they move more, sit less and play longer.
- Time spent outdoors can increase curiosity, creativity and problem solving ability in kids.

WHAT'S NEXT?

Register your great initiative in this year's challenge! **Community registration closes February 08, 2019 @ 11:59 pm CST**



Register before December 14, 2018 @ 11:59 pm CST to qualify for the early bird prize of an additional 1,000 Physical Activity Minutes!!

WWW.CHALLENGE.SASKATCHEWANINMOTION.CA

