

Outdoor play in winter

Colder weather is never a reason to avoid outdoor play opportunities; it can help with keeping children healthy.

Give children the chance to be outdoors in the fresh air to exercise and have fun, whatever the weather.

Outdoor learning improves children's health, engages them in learning and leads to a greater connection with nature.

Play not only teaches critical life skills such as resilience, teamwork and creativity but is central to the enjoyment of childhood.



Children can learn a lot about their environment during periods of cold spells through outdoor play such as:

- How the landscape changes
- What snow feels like
- What happens to snow when you pack it tightly together to build with
- How ice melts
- How to keep themselves safe.

Ensure children have access to appropriate clothing for the weather type, risk assess the outdoors to check for any weather related dangers such as slippery ice patches

Have time limits to send children indoors to warm up before coming back outside again to play too.