



PLAY SPACE

WHY DO CHILDREN LOVE OUTDOOR PLAY?

Children are more physically active outdoors, especially in unstructured play spaces that can shift and change in response to creativity.

"I can test my limits and boundaries"



Play at Heights

(e.g. climbing a tree)

"I can build independence"



Play with a Chance of Getting Lost

(e.g. adventuring around forest, roaming around neighbourhood)

"I can build physical competence"



Play at Speed

(e.g. running, biking, sliding)

"I can learn how to manage risks while keeping myself safe"



Play Near Dangerous Elements

(e.g. fire, stream, lake)

"I can develop cooperation skills and learn the principles of science"



Play with Dangerous Tools

(e.g. hammer, nails, wood)

"I can learn how my body works and develop social skills"



Rough and Tumble Play

(e.g. wrestling)

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BC INJURY research and prevention unit



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