

# The Benefits of Outdoor Play in Cold Weather

A winter environment can provide a variety of opportunities for children to develop their physical, social and emotional development so is important that they don't miss out. This is why, at Sandy Lane Nursery and Forest school, we feel it is important that the children play outside every day and experience Forest School all year round.

In cold weather staff make sure children aren't spending extended periods outdoors. This may mean that Forest School sessions may be shorter than usual. Children are provided with a warm drink at snack time. Health and Safety procedures are also adhered to. We would not allow children outside in adverse weather where their safety and wellbeing may be compromised.

**Cold weather can strengthen children's immune system. Children can escape germs that circulate indoors.**



**Outdoor play supplies children with essential Vitamin D needed to develop strong bones.**



**Winter play provides opportunities for children to learn and play. The large outdoor equipment supports their physical development**



**Children learn to risk assess within their play and adapt as a result of winter weather. They learn to solve problems**



**It's recommended that children have at least 1 hour of exercise a day. If this doesn't happen it can affect their sleep pattern and appetite. Our outdoor area provides plenty of space for children to explore.**



**As the weather gets colder please send your child to nursery in a suitable coat, hat and gloves. Please make sure their names are in these items. We have waterproof clothing and wellies so children can be outside in wet weather too.**



**If you have any questions about your child being outside in colder weather please speak with their keyworker who will be happy to help**