

Did you know...

Playing outside is so much more than just fresh air?

This year the Bowmont Community Preschool teaching team is striving hard to incorporate outdoor play into every week of school! (no matter the weather!)

There are so many benefits to outdoor play. It's like having a whole new classroom to explore and engage in. When children play outside they are free to:

- try new things**
- use their loud voices**
- run, jump & move their whole bodies with plenty of space**
- engage in different social games with friends**
- use all of their senses**
- be messy**
- explore different surfaces and nature**
- take risks**

Children today, are spending increased amount of time in front of screens and our cold, dark Calgary winters aren't always encouraging us to get outside with our kids as we would in the summer.

We are hoping to inspire our little ones to enjoy the outdoors while having the opportunity to release extra energy or re-energize others, get a little extra vitamin d, and practice

putting on and taking off their winter gear ahead of Kindergarten.

What can you do at home?

- Go outside! Even if it's only for a short time**
- Try exploring new parks each week, pack hot chocolate and snacks!**
- Invite friends along! You will less likely be needed to distract your child from cooler temperatures or what to do as they will engage in their own play!**
- Encourage your child to get their own boots, coats, hats etc... on and off all by themselves!**
- Try not to fret about the dirt, the scrapes, bumps and effort it takes to get their gear on**