

Denton Preschool Center

### **How can outdoor play promote learning in preschoolers?**

**Preschool** and outdoor learning go hand in hand. Outdoor play benefits young children in all domains of development including language, physical, cognitive and social/emotional development. Some preschools promote outdoor time giving children the opportunity to **play and interact** with others along with nature. Here are some reasons why all preschools should promote outdoor learning.

#### **1. Release energy and promote physical activity**

Releasing **energy** through outdoor movement can help children focus on the tasks that they do during the day. Preschool **children** spend much of the day sitting at tables or on the floor doing activities and playing games. However, that can also cause a buildup of energy that needs to be released. Outdoor **play** can promote both learning and a release of energy. Children want to explore and express independence, and a lot of the time that can be seen through [running and climbing](#). This is not typically something that can be done in a classroom. Instead, it would be easier for students to express these needs through outdoor activities. **Learning** through outdoor class activities allows preschoolers to run free during the day. This movement can promote brain stimulation and introduce new ways of thinking in many individuals. Physical activity can [make a person feel happier](#) by sending levels of serotonin to the brain. Movements such as dancing, running and overall moving of the body help the brain focus and help children feel better about doing daily activities.

#### **2. Explores scientific learning**

**Science** is one of the core subjects in school, and it is important to learn about this subject in various environments. Science promotes exploration and questioning skills, which are helpful to

students throughout their **education**. Outdoor activities promote [STEM thinking](#) through play allowing students to question and explore the outdoor environment. STEM stands for science, technology, engineering and mathematics, all of which promote critical thinking skills that can help preschoolers. Children learn about the environment, community and life through simple activities outside, such as planting in a garden. **Gardening** is [one of the most effective](#) ways of learning through physical and cognitive abilities. Children use this opportunity to examine changes in the environment through hands-on activities. Gardening allows learners to use team-building techniques to work together to grow flowers and vegetables. It also helps children explore the five senses; as well as introduces them to a plant's life cycle.

### 3. Improves social interaction

Outdoor learning encourages social interactions. While **outdoors** many students have the opportunity to play and create bonds with their classmates in an open environment. Many of the games that children play include **running**, falling and being messy. These **activities** are best done outside. During **outside** play and learning, children have the opportunity to make their own decisions about who they play with and what they do. [Playing games outside](#) such as **tag** and **hide and seek**, require skills such as coordination and understanding of rules. Coordination, as well as balance and control of their bodies, develops as children run, jump and kick. Outdoor play also provides children the opportunity to practice listening to directions and following rules. Being able to follow directions and rules increases children's self-control and promotes problem-solving. Both of these skills are necessary for the classroom and throughout life. Outdoor games and learning help children improve social interaction with one another, not only when they are outside, but throughout the school day helping them to **build relationships** with their classmates.

#### 4. Promotes different kinds of learning

Children must have the opportunity to engage in activities that meet their learning styles. There are many different ways children learn new information. Teachers can promote [all kinds of learning](#) to help all students. For most of the day, preschoolers are inside a classroom learning through direct instruction rather than having the ability to move around. Sitting in classrooms to learn typically **promotes** visual and auditory learners because the teacher is talking while the class watches and listens. Children are diverse and do not learn the same way. Many children learn best through hands-on activities and physical movement. Outdoor activities and play can promote a mix of multiple kinds of learning instead of solely focusing on just one or two. For example, when children do activities outside, they can move around and explore more than in a classroom, which promotes physical learning. Learning outdoors allows children to experience all of their senses. They can watch their teachers and peers, which promotes visual learning and listen to the environment around them, which promotes auditory learning. This mixed learning approach helps teachers reach all of the different learners in their class.



Readability Statistics	
<b>Counts</b>	
Words	878
Characters	5,449
Paragraphs	18
Sentences	56
<b>Averages</b>	
Sentences per Paragraph	6.2
Words per Sentence	15.1
Characters per Word	5.3
<b>Readability</b>	
Flesch Reading Ease	53.1
Flesch-Kincaid Grade Level	9.6
Passive Sentences	7.1%
OK	

**Facebook post:**

Parents, did you know that outdoor play can promote learning in preschoolers? Our article can help explain four reasons as to how this works.

**Photos:**

Outdoor learning helps children learn how to work together and grow as learners. Your child can explore new opportunities when it comes to combining outdoor learning with play!

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Does your child feel restless during the day at school? Playing outside helps children focus better on school during the day and improves many different brain functions.

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