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Let's make outdoor play part of every day

Outdoor play is one of the best ways to keep children healthy, confident, and happy. Moving their bodies every day helps them build strong muscles and bones, sleep better, and feel less stressed. It also supports learning, focus, and emotional well-being.

Encourage your child to spend time outside in every season. In spring and summer, they can bike, play soccer, or splash in puddles. In fall, try a nature walk or rake leaves together. In winter, build a snow fort, skate, or go for a family walk.

Even 10-minute bursts of activity add up to the age-appropriate daily goal of moderate to vigorous play.



Outdoor time also gives children a chance to explore, be creative, and build social skills. Simple activities like climbing, running, and balancing help them learn how to take safe risks and solve problems on their own. These experiences nurture confidence and a sense of independence.

Encourage your child to move, explore, and enjoy the outdoors every day. Healthy habits start with small daily steps-and active play is a great place to begin.



To learn more about the benefits of outdoor play and how to keep your child safe and active, visit :

- [Caring for Kids – Physical activity for Children and Youth](#)
- [Canadian Paediatric Society](#)