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Teachers: Ms. Miao & Ms. Kelly

# The Benefits of Outdoor Free Play

on Children's Development

## Mental Health

Better moods  
Decrease in hyperactivity

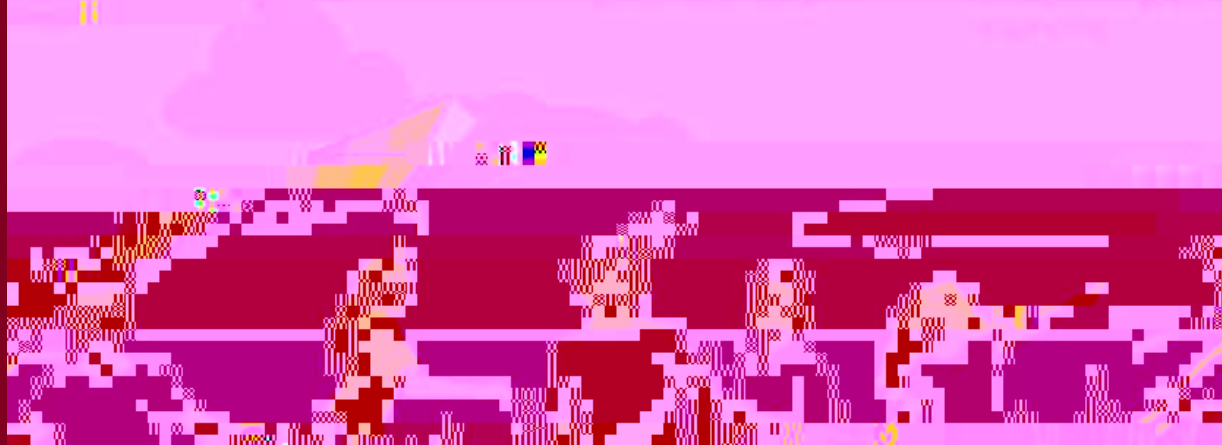
## Physical Health

More opportunities for movement

## Cognitive Health

More opportunities to make decisions and problem solve

Outdoor free play is a type of play that allows children to explore and interact with their environment on their own terms. It is a type of play that is not structured or supervised by an adult. Outdoor free play can be a beneficial experience for children, as it allows them to develop their physical, cognitive, and social skills. Outdoor free play can also help children to develop a sense of autonomy and self-confidence. Outdoor free play can be a fun and engaging experience for children, and it can be a valuable part of their overall development.



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