





Improve health and physical growth

Stimulate the brain and enhances creativity





Make them a team player

Help adapt to new things quickly





Help develop good social skills

Help in weaning from internet addiction



## References:

- Health Benefits of Physical Activity for Children; CDC
  The important of the control of
- 2. The importance of outdoor play for young children's healthy development; NCBI

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Source: https://www.momjunction.com/articles/outdoor-activities-for-teens\_00351874/