

# Benefits Of Outdoor Play — For A — Five-Year-Old



Helps improve physical agility

Familiarizes children with the natural environment



Helps boost vitamin D levels due to sunlight exposure

May help reduce the worsening of short-sightedness



Helps improve social skills

Aids in excess energy release in a constructive way



## References

1. Playing Outdoor; NIDirect Government Services
2. Outdoor Play; Raising Children Network
3. Short-sightedness; Raising Children Network