



# Outdoor Play



Kids should get at least 60 minutes of exercise or active play every day. Ideally, this time should be spent outside where kids have room to run, play and be creative. Spending time outside is good for kids and teaches them to appreciate nature.



## Rainy Days

- \* Dress your child in a waterproof hat, rain jacket and rain boots so they don't get too wet and uncomfortable.
- \* Pick rain gear with bright colors or characters your kids like so they will be excited to wear it.



## Cold Weather

- \* Dress your child in several light layers to keep them warm.
- \* Don't forget a warm coat, close toed shoes, gloves or mittens and a hat.
- \* Make a warm drink or heat up some soup to help your child warm up after playing outside.



## Safety Tips

- \* Do not take your children outside to play during a thunderstorm.
- \* Always supervise kids while they are playing outside.
- \* Dress your kids in reflective clothing or attach a glow stick or light to make them more visible when they are playing outside at dusk.
- \* Teach your kids to be safe and stay out of the street and away from moving cars.

## Did you know?

Sometimes parents worry that their kids will get sick because it is cold or raining outside. This is not true.

Viruses make kids sick, *not* cold or wet weather. So, dress your kids for the weather and head outside for some fresh air and fun!