Outdoor Play the Saskatchewan Way!

Connecting and Responding to: Essential Learning Experiences: For three Four and Five—year olds (Government of Saskatchewan, 2015)

Social Emotional

- Self-concept, self-image and self-confidence
- Self-control and self-regulation
- Interaction with others
- Social problem solving

Social-emotional development involves the emerging social skills emotional resilience and personal self-confidence important in well-being and social involvement.

Physical

- Physical activity promotes overall development and stimulates neural connections. It is a foundational aspect of growth and well being in children.

Spiritual

- Spiritual development involves more than meets the eye, more than material objects and more than the obvious. It creates wonder that initiates a response.

Children are intrigued by nature and fascinated by beauty Children engage in personal expression through artistic modes such as dance, song and visual creative expressions

Intellectual

- Intellectual development concerns the emerging powers of knowing reasoning and understanding.

Imagination – “as if” behaviour/fantasy – “what if” thinking; begin to understand the difference between fantasy and reality

Conceptual thinking

Whole Child

- Designing the outdoor space, is just as important as designing the indoor space, being sure that children have a variety of experiences that encompass the whole child.

Experiences that include dramatic play, small things, block play, adventure, story telling, and creative exploration.

Including things like sand, water, loose parts, the physical and natural world.

Giving the opportunity to explore risk taking, wonder, joy and curiosity.

Including nature in all the surroundings, by planting plants and trees. Adding a splash of colour with flowers and a garden to grow.

Adults also have a very important role to play, by modeling and interacting with the children. Learning and playing alongside them, by being curious and taking risks.