

# OUTDOOR PLAY & TRIPS

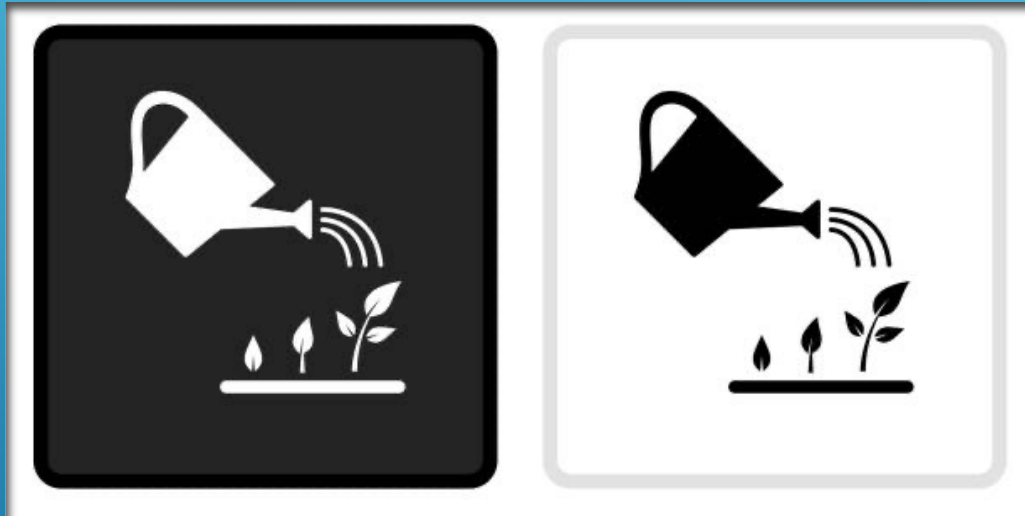
At Charing Cross Day Nursery

Diedre McCollin, Nursery Manager

Firstly, we feel that the outdoors is a natural environment for our children. The Charing Cross Nursery's outdoor space provides first-hand experience of life processes. The children at the nursery grow plants, vegetables and fruits, caring for them and watching them grow on a daily basis. This is endless opportunities for creativity and imagination.



## WHY ARE WE INVOLVED WITH NATURE AND THE NATURAL WORLD?




- ▶ Growing, harvesting, sharing and eating is rewarding, which develops self esteem and care and consideration for others.
- ▶ Watering, weeding and picking involves teamwork.
- ▶ Growing things outdoors involves lots of conversation and planning.
- ▶ Planting and growing develops new vocabulary as there is so many things to do and experience.

Outdoors children can engage with the natural world and can begin to understand their own place within it.

- Children are naturally more engaged in self-chosen activities.
- Ensuring they have the time to extend their play and learning in their own direction.
- The children at the Charing Cross Nursery, enjoy the benefits of staying on task or at an activity for extended periods of time.

Taking risks develops positive dispositions and an 'I can do it' attitude. Unsupervised play enables children to take risks, to think through decisions and gain increased self-confidence and greater reliance. Playing outside develops interdependence, rather than dependence on adults, as children have to look out for each other, anticipate and manage unpredictable situations.



The children at the Charing Cross Nursery enjoy jumping. Jumping, involves most of the bodily muscles to bring far-reaching benefits to the body. Our regular jumping activities boosts the level of oxygen to the body to bring instant and long-term benefits..



WHEN THE CHILDREN JUMP ON A REGULAR BASIS, IT BOOSTS THE G-FORCE AND IMPROVES THEIR BALANCE ABILITY

Drawing with chalk and painting outside allows our children at the nursery to explore and feel a sense of freedom. It also helps our babies develop fine motor skills, and this is perfect for getting them school-ready.





The joy of creating music is so strong, that children develop confidence in their musical ability. The power of combining music and nature cannot be defined. There is evidence of how outdoor music settings can add vibrancy to communities, engage the brain, strengthen the sense of belonging and have a connection with others.





Cycling and scootering works all of the core muscle groups and increases strength, stamina and aerobic fitness.

Children at the Charing Cross Day Nursery enjoy cycling outdoors, it is fast and fun, and gives them freedom and independence to get around the outdoor environment.