



To learn, I need
to move

Help me develop physical
literacy and I will be

ACTIVE FOR LIFE[®]

Outdoor Play: Where Everything Is Possible!

Nothing replaces being outdoors. Whether it's a big park or small yard, outdoor play challenges children in unique ways and helps them to develop skills as they explore the world.

Running, jumping, climbing, hanging, kicking, throwing, tumbling and rolling: outdoor play encourages these fundamental activities that are so important to a child's overall development.

Just as importantly, studies show that outdoor play also has a positive impact on self-confidence and motivation, which are both essential to success at school.

Learn more about physical literacy, active play, and child development by visiting **ActiveForLife.com** and **rcpem.com**

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