



Katholische Kirche Region Bern  
Fachstelle Kinder und Jugend

# Playing outdoors makes children strong!

Every child needs various elementary experiences for their development. A child will understand the world better if it is allowed to spend time in the playground or forest with its eyes open, ears perked and nose to the wind, an adventure to experience with its hands and feet.

Dear parents, if possible, give your child the opportunity to play outside every single day – come sun, rain or snow.

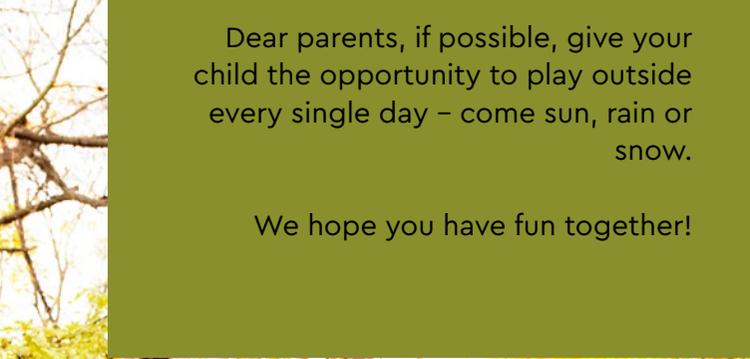
We hope you have fun together!

Go for a walk in the forest with your child and roast an apple or sausage over an open fire. Time spent outdoors in nature does you both good and strengthens your health.

Let your child walk to school. Walking is healthy. And on the way he or she has time to chat and laugh with friends.



Englisch



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It's time to switch off the computer, smartphone and television too. Your children can really let off steam in the fresh air. And this keeps them fit and mobile so that they can concentrate better in school.



There's nothing better than damming up a stream or jumping into a puddle. This is a playful way for children to learn the laws of nature.



Dress your children in clothes that can get dirty when they play outdoors. Then they won't be afraid to discover and understand the world around them, test out their limitations and see their progress. This gives them self-confidence!

Don't rush your child if he or she wants to balance along a wall or climb a tree. Children who are allowed to run, jump and climb regularly are less susceptible to accidents.



There's so much to discover and do outdoors: Take time out to observe a caterpillar with your child, or why not collect some seeds and leaves so that they can make a picture with them at home. Playing with natural materials stimulates their imagination and helps children find creative solutions to everyday problems.

