

# The benefits of outdoor play

When children play outdoors, there are countless potential benefits for their health and mental well-being.



**More vigorous play**



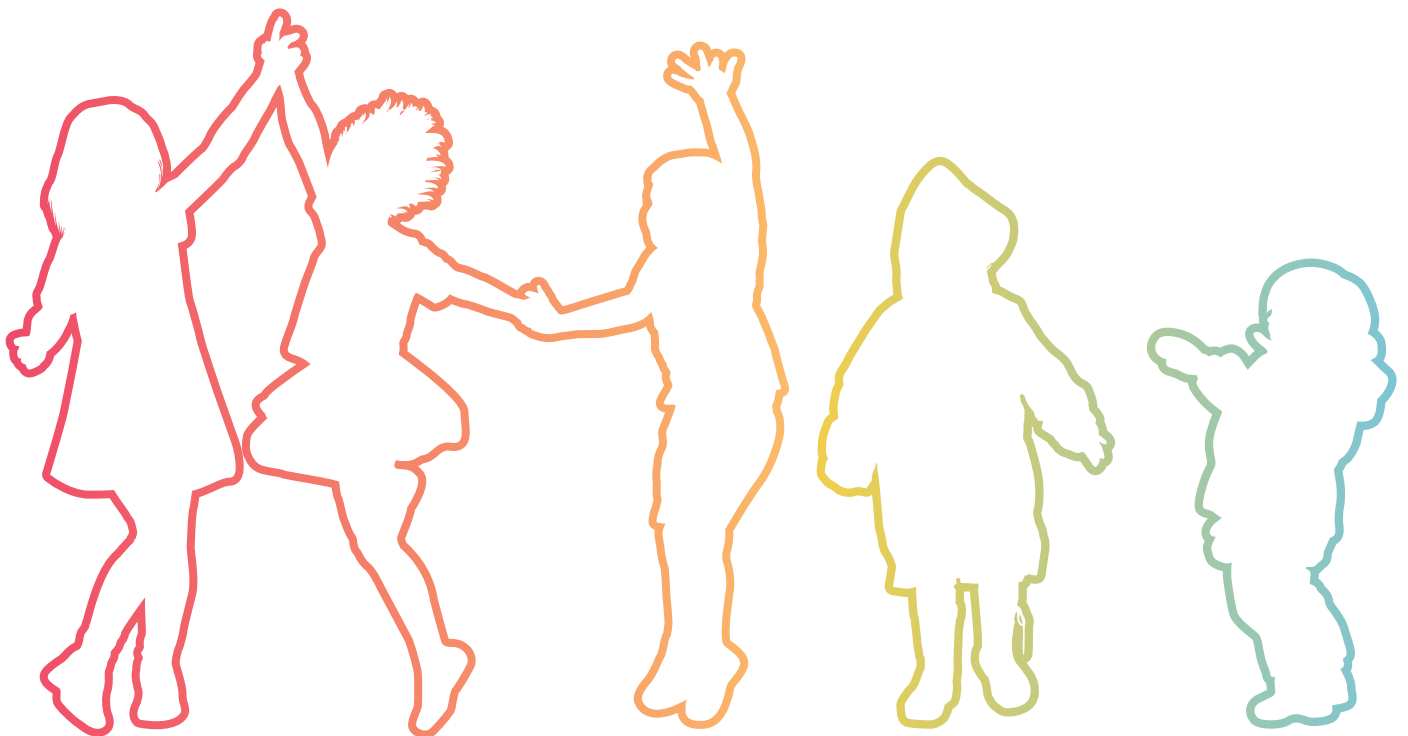
**Better social skills**



**Enhanced cooperation**



**Improved problem solving**



**Fewer emotional difficulties**



**Better behaviour**



**Improved self-regulation**



**Increased happiness**

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