

Well Being Poster

This week's wellbeing poster is taken from information received from eibe Play and looks at ways to improve children's Mental Health. eibe play believe that outdoors is where children can most be themselves and that there is something about open outdoor spaces, where there are more limited rules and restrictions, that make it exciting for them. They feel that the sense of freedom gained from playing outside and running without limits, brings a happiness that nothing can compete with.



Outdoor Space:

1. has a positive impact on mental health

Recent studies have reported a significant increase in mental ill health in children in the UK. A lack of regular connection to being outdoors are big contributing factors.

2. It gives children a break from busy schedules

A recent study in the UK found that even just five minutes of exercise in a natural outdoor environment can rapidly improve a child's mental health and overall wellbeing.

3. Physical activity lowers anxiety

There seems to be link between participation in outdoor sports and activities, and significant improvements in mental, psychological and emotional wellbeing in children.

4. It helps kids top up on Vitamin D

The sunlight is the best natural source for our bodies to produce Vitamin D, which can help regulate emotion and mood in the brain.

5. The outdoors relieves stress

Time spent playing outdoors is said to improve the stress levels in a child. A school being able to provide natural outdoor space in a school playground will help increase the relief of stress for a child.

