

# Outdoors for Life

## BENEFITS

Research shows that spending time together outdoors strengthens family bonds—and improves health and well-being and spending regular time in nature makes children healthier, happier and smarter. Additionally, physical literacy improves children's and youth's: physical health and activity levels' mental health and wellbeing; academic performance, memory and attention span, life skills, confidence and behaviour, level of physical activity, and relationships and friendships.

## PARENTS AND CARERS

There is also substantial evidence of the home environment being a crucial setting for instilling physical activity as a part of a child's daily life. The home is where parents and carers can influence children and youth as role models, providing early guidance on what's important and what should be valued. As such, it's crucial that children see their parents and carers being active and have opportunities to be active together as a family - it shows them that physical activity is a valuable part of life.

Being active as a family has enormous health and wellbeing benefits. Family members can keep each other motivated and encourage each other to stretch themselves. Getting out and about within the local neighbourhood and broader community and environment opens up opportunities to explore and be creative as a family and the shared experience can lead to closer connections. Role modelling and family connection being positively correlated with physical activity in childhood, lays the groundwork to support children to remain active throughout their lives. Outdoor recreation offers huge potential in this area as it is positioned to allow families to socialise, have fun and connect in nature.

*How do you and your family spend time Outdoors?*