



# Promoting Active Play Outdoors in Roscommon

Physical activity has loads of important benefits for children's social, emotional and mental wellbeing. One of the best ways to get young children engaged in physical activity is by letting them play outdoors.

In the outdoors, children can explore nature, let off steam, jump in puddles and search for bugs.

Outdoor play may be messy but it develops creativity and exploration, even if it generates more washing of clothes and faces!

We are encouraging parents in Roscommon to support their children to play outdoors. For good ideas on how to encourage outdoor play for children and parents, please check the following links, or call in to your Family Resource Centre for an Active Play pack.

<https://www.rosactive.org/rsp-at-home/>

<https://www.safefood.net/start/being-more-active>

<https://www.visitroscommon.ie/brochures/Roscommon-Walks-Booklet.pdf>

Playing outdoors provides children with wonderful opportunities for learning. When children play outdoors, they develop their creativity, imagination, inventiveness, physical activity, language, and curiosity. Most importantly, they have the opportunity to play freely and to have fun.