## This is a useful guide 😳 🦲 🥋 🐉





Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

20°C

10°C

0°C

-10°C

-20°C















Supporting Outdoor Play Year Round



ww.getoutsideandplay.ca



www.befitforlife.ca