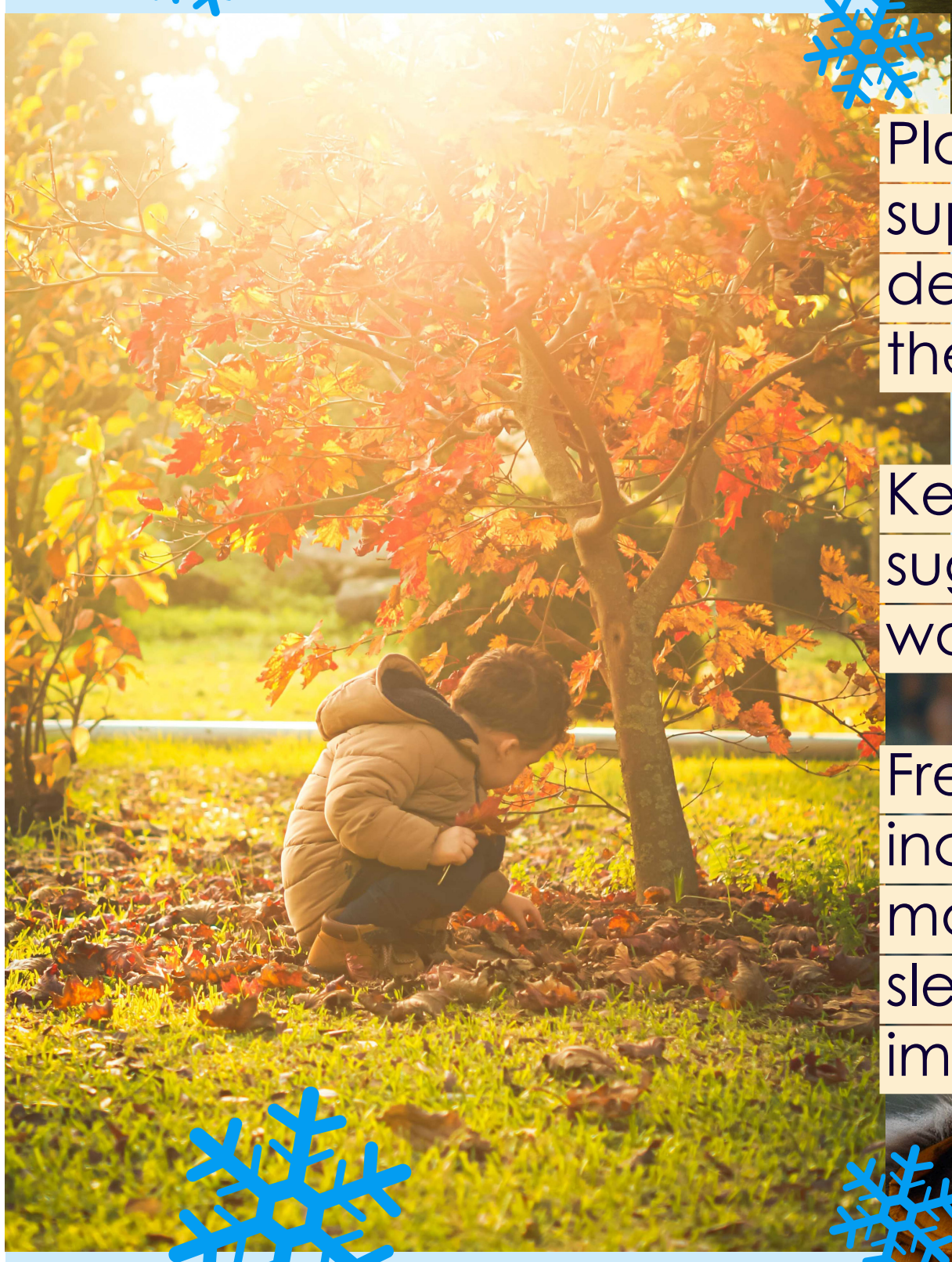
Let's Play Outside in Winter



Playing outside all year round supports children's development and helps them keep fit and healthy



Keeping fit and healthy is suggested by the NHS as a way of preventing colds.

Fresh air and sunlight, including during the winter months, helps us feel happier, sleep better and supports our immune system.



For ideas of what do outdoors with your child, explore 50 Things to Do Before You're Five

cambspboro.50thingstodo.org

early years childcare and school readiness service

50 things to do before you're five