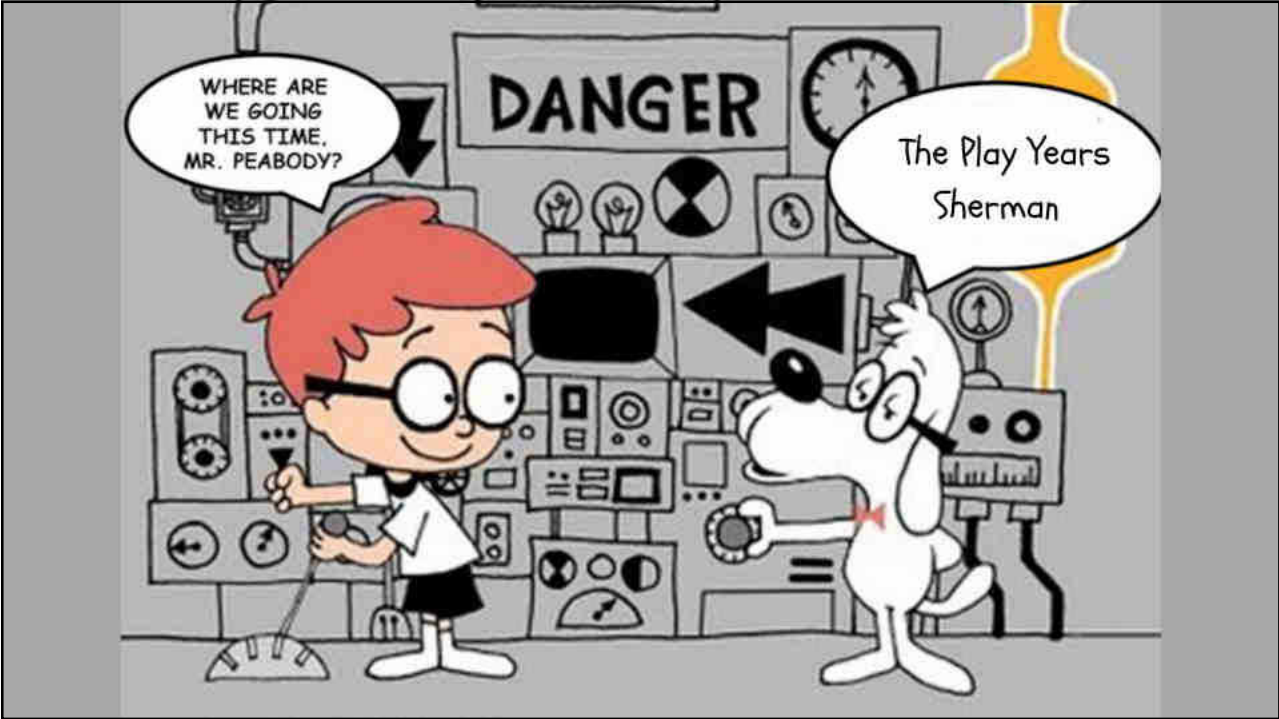




In these Woods - Wonder, Discovery, Adventure



PlayGroundology and Public Play Events



Hang Out and Socialize - Part of a Crew



Excitement - pushing limits



Create Own Adventures and Have FUN



Being the Boss of Their Own Selves

## Daily Behaviours

### D Active Play & Leisure Activities

- 20% of 5- to 11-year-olds in Canada spend several hours a day (> 2 hours) in unorganized physical activity, according to their parents (2014-15 CHMS, Statistics Canada). Custom analysis
- 37% of 11- to 15-year-olds in Canada report playing outdoors for several hours a day (> 2 hours) outside of school hours (2013-14 HBSC, WHO/PHAC). Custom analysis

### D- Active Transportation

- Based on parent- and self-report data on 5- to 19-year-olds in Canada, 21% typically use active modes of transportation (e.g., walk, bike), 63% use inactive modes (e.g., car, bus) and 16% use a combination of active and inactive modes of transportation to travel to and from school (2014-16 CANPLAY, CFLRI). 196

### C- Physical Education

- According to school administrators who reported on physical education time, 33% of grade K-8 students in Canada are getting at least 150 minutes of physical education (PE) per week (2015 OPASS, CFLRI). Custom analysis
- 72% of high school students in Canada are taking PE, according to school administrators (2015 OPASS, CFLRI). Custom analysis
- 61% of students in grades 9 to 12 in Alberta, British Columbia, Nunavut, Ontario and Quebec are taking a PE class in the current school year (2016-17 COMPASS, University of Waterloo). Custom analysis

### D Sedentary Behaviours

- The proportion of children and youth in Canada meeting the screen time recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth

2018 ParticipACTION Report Card



Lots to learn in forest schools

## Outdoor Play Benefits

Executive function	Physical exercise/testing limits
Gross and fine motor skills	running, jumping, climbing
Making choices	Exposure to the natural world
Problem solving	Imagination
Assessing risk	Independence
Social skills	Exposure to microbes
sharing, storytelling, cooperation	
Mobility/motion	
balance, coordination, spatial awareness	



## Nature - Mental Health Benefits

Self-esteem

Self-concept

Self-efficacy

Problem solving

Resilience

Cognitive Performance

Mood

Provides a different stimulation

Encourages thinking, sense of wonder

Teaches responsibility

Enhances overall sense of well-being

Up to 55% lower mental health disorders



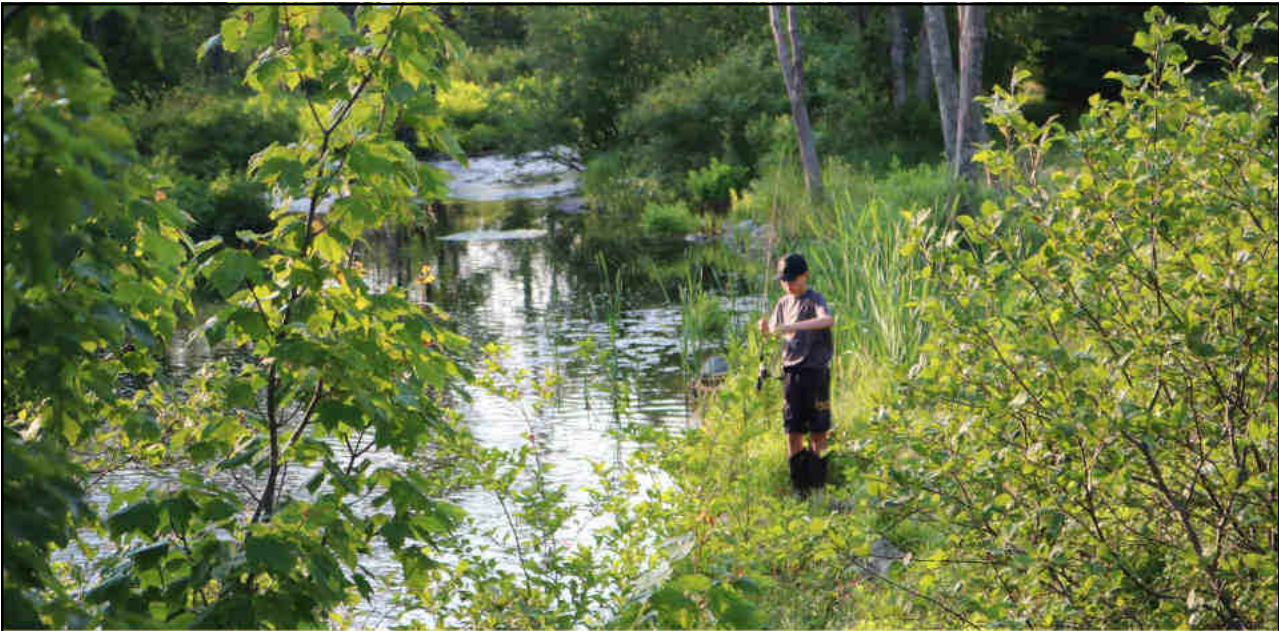
Self-esteem, Self-concept, Mood



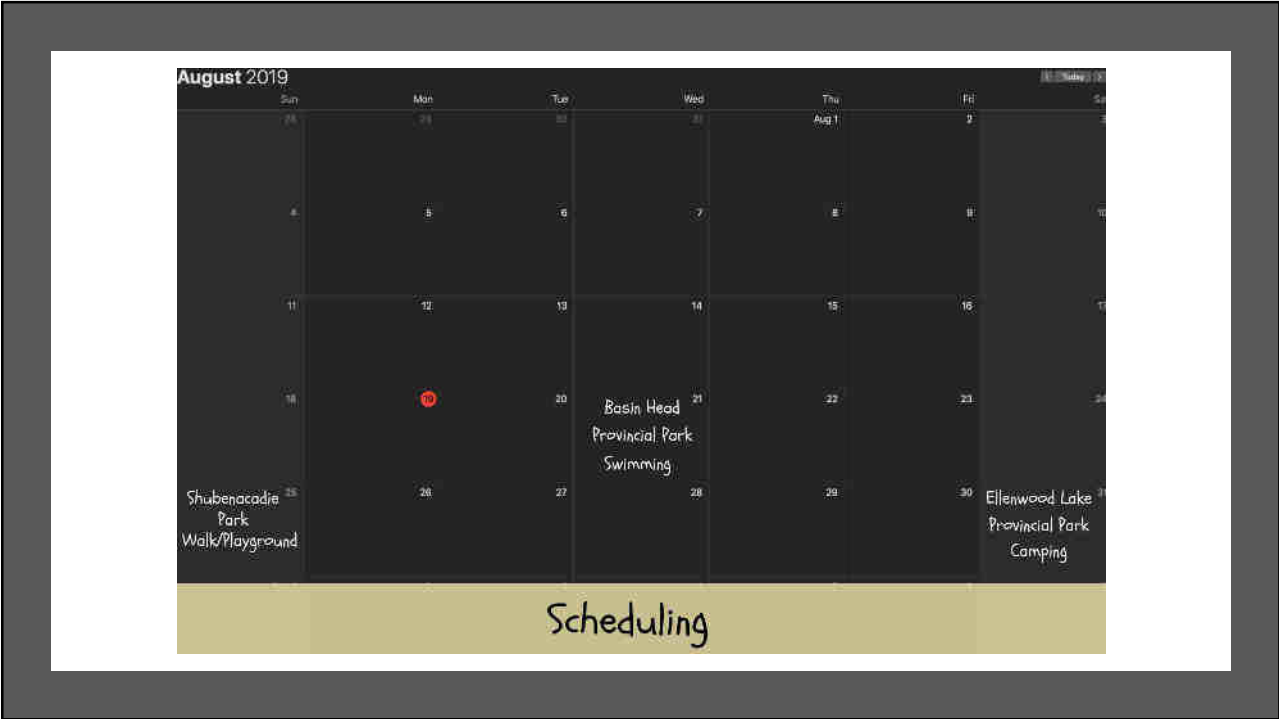
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8 National, 150+ Provincial, TBC Municipal Parks, 175+ Reserves



Easiest access - urban green spaces





Explore Your Neighbourhood for Pockets of Wild



More Neighbourhood Outdoor Play



Young Naturalists in Search of Turtles



Cubs in trees





Resilience



Celebrating Success



Preparing tomorrow's stewards



Thanks  
Questions

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