

Children and outdoors

[Sociology](#), [Communication](#)



Children learn by interaction with the world at large. The smaller that world is for them, the slower they will learn and vice versa. Introduction to the outside world is a necessity for all children and the sooner they are introduced to it, the better. It aids in the development of their spatial skills along with fostering a quicker augmentation of their cognitive skills. More than that, it will teach them to be fearless in nature and be intrepid as they explore any situation they find themselves in. The top reasons to encourage your kids to embrace the outdoors are:

1. Introduction to nature: In today's times, it is very important to introduce the child to nature. Children with a healthy exposure to nature develop fewer allergies and have better immune systems. Moreover, they become conscientious of keeping nature as pristine as they remember it in the first place. They will not be averse to understanding and respecting wildlife, and be more responsible as adults because of it. This also entails a love for physical activities, which will help them later when age becomes an issue.
2. Mental development: As much as the outdoors aid in a child's overall physical development, it has a far deeper impact on their mental development. Being outdoors enables them to harmoniously utilise their senses for discovering everything new and being alert. If they play in groups, then children learn social skills along with valuable lessons on how to gainfully interact with other people. The sense of awe and amazement that nature elicits becomes a wonderful catalyst for a child's imagination. It further helps them to try and

understand (out of the curiosity generated) the world they find themselves in.

3. Learning of life skills: Most outdoor activities involve some kind of a sport, and a sport is nothing but preparation for working in teams. Sports is one of the best teachers when it comes to coping with loss, how to be a good team player and how to be an effective leader.

Outdoor activities teach children these valuable life skills every time they devote themselves to playing. The importance of understanding rules (all games are governed by a set of rules) can never be overstated and being subject to the judgement of others while following common rules is a sure-fire way of getting a person to be a sociable being.