

# WIU Preschool Newsletter

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## The Benefits of **Outdoor Free Play** on Children's Development

### Mental Health

Better moods  
Decrease in hyperactivity  
Decreases in symptoms related to anxiety and depression

### Physical Health

More opportunities for movement  
Decrease in the likelihood of developing obesity or diseases  
Development of fine and gross motor skills

### Cognitive Health

More opportunities to make decisions and problem-solve  
Increases in creative thinking  
Children use higher levels of sequencing, planning, organizing



### Emotional Health

Development of empathy  
Increases in self-esteem  
Development of emotional intelligence

### Social Skills

Increased social interactions  
Higher levels of sharing, cooperation, helping  
Decreases in solitary play

### Play Skills

Increased creativity  
Development of higher play skills and play types  
More opportunities for imagination and engagement