

# Happy · Healthy · Outdoors

## Nature connection, providing a Wellbeing boost for all

This special 26-page section is dedicated to sharing resources, tips and ideas that explore how connecting with nature can support our health and wellbeing,

and even make us happier. Muddy Faces is delighted to showcase our excellent resources - but, as always, we don't stop there. Visit our free Outdoor Hub to find a huge collection of ideas, activities and information to help you develop a wellbeing-focused approach for both children and adults.



### Children are fascinated by small, often unnoticed, living things

that thrive in places adults might overlook or dismiss. When we slow down and pay close attention, we experience moments of 'micro-rest' - brief pauses that calm the mind and allow the parts of our brain responsible for focus to recharge. These gentle effects can be sparked by simple encounters: watching a ladybird, noticing moss growing between paving slabs, or breathing in the natural smell of the earth. These small, achievable experiences are available to all of us and help nurture a deeper connection to nature, supporting a happier, healthier time outdoors.







# REASONS TO BE OUTSIDE

Experts tell us that young children should be outside for a minimum of three hours every day (about a quarter of their waking day), all year round. Across generations, we have moved from being 'earthlings' to 'indoorlings' - perhaps we need reminding of what the outdoors offers that the indoors cannot: **the special nature of the outdoors.**



## NATURAL LIGHT

Spending time outside in full spectrum natural light improves learning ability and memory as well as mood, through the production of serotonin, often called a 'feel-good' hormone.



## COOL FRESH AIR

Outside, the oxygen-rich air wakes up our brains, making us more alert. Children's bodies learn to respond to changes in temperature; shivering or sweating when necessary to help maintain an optimum body temperature.



## BEING ACTIVE

The outdoors offers children the space and opportunity to crawl, roll, run, jump, shout and so much more. Physical play helps build the brain for learning and strengthens the muscles needed for active movement, while also laying the foundations for fine motor skills and small, everyday movements.



## CONNECTING TO NATURE

Feelings of connection to the natural world are developed when we spend time in nature. Children are fascinated by the 'everyday' beauty in the world outside the door.



## VISION & HEALTHY EYES

The muscles in our eyes need exercise to develop well. Looking closely at tiny minibeasts one minute, then focussing on a plane in the sky the next provides just this opportunity.

With this in mind, why stay indoors? Explore our resources to help create an inspiring outdoor environment for children to enjoy and learn from.



Check out our **FREE Outdoor Hub** for lots of useful guides, articles, research and tips



**Reasons to be Outside** by Prof Jan White & Liz Edwards Muddy Faces founder

Making the case that young children must be able to play outside a great deal, every single day, throughout their childhood years.

PUMUD07/1

£3.99



**Children are born with an innate desire to connect to nature**, drawn to the sights, textures and sensations of the outdoor world. Getting hands-on with the natural world - playing in mud and water, feeling textures, exploring what's beneath their feet - can spark physical responses that support wellbeing, boost attention and encourage deeper, more meaningful play. Providing regular opportunities for children to spend time outdoors helps to nurture and strengthen this connection. Muddy Faces is dedicated to offering resources that enrich your outdoor spaces, inspire exploration and enable children to connect with nature in an authentic and meaningful way.

