

Outdoor Activities

Children develop basic walking and running skills naturally, however more complex movements, such as leaping and catching, require more facilitated play and structured activities such as sports.

Apart from the physiological development of bones and muscles, research has shown that early motor skills contribute and lay the foundation to a child's cognitive (ability to process thoughts – e.g. memory skills) and learning development.

It is thus beneficial to the child's overall development if sports and outdoor play are encouraged over sedentary activities, such as using electronic devices.

Here is a list of activities we came out with, but of course, the list is not exhaustive.

Play is a pivotal part of a child's growing up years. Get creative and enjoying playing with your child! 😊

1. Play a sport – e.g. swimming, throw and catch ball games.
2. Plan for a family picnic
3. Visit places of interest such as museums or the zoo.
4. Go grocery shopping as a family.
5. Cycling (Or take this opportunity to teach your child cycling)

