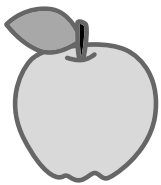
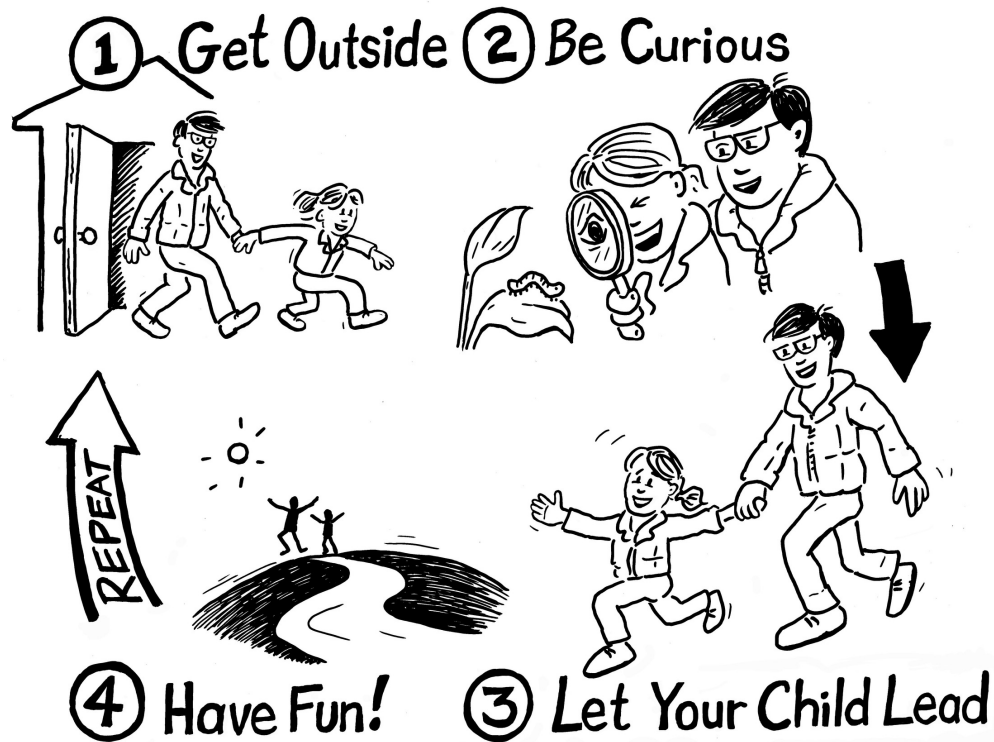


# Get Outside and Play!



Eat. Before you go outside, get some food into their little tummies – and yours, for that matter. If they are hungry, or if they are cold, their learning goes downhill fast.



When you get outdoors, head for something green. The less manicured the better– a vacant lot, a less tidy corner of a municipal park. You'll make some amazing discoveries!



Hands and knees – both of you. Get down on your hands and knees with your child, put your nose close to the things you are looking at, and use your ears, your nose, and your sense of touch to explore and discover.

[getoutsideandplay.ca](http://getoutsideandplay.ca)