

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Managing outdoor play in cold weather

For adults, and some children, going outdoors to play in cold weather maybe something they avoid where possible.

There is considerable evidence that tell us the importance of outdoor play on children's health and well-being, so read our top tips below to consider how you can manage outdoor play in cold weather.



1. Talk to staff about the importance of outdoor play on children's health and well-being e.g. physical fitness, agility and stamina, climbing, coordination, balance and strength, freedom to shout, make noise, regulate behaviours and release hormones (endorphins/dopamine) that contribute to well-being and happiness
2. Provide a basket of warm clothing for staff to use outdoors e.g. hats, gloves scarves, coats and wellies, thick woollen socks, earmuffs
3. Organise 'warm up' breaks for staff to come in and get a hot drink before going back out again
4. Create outdoor shelters using tarpaulin or other materials to provide weather breaks
5. Encourage staff to keep moving, being physically active in the play to help keep warm
6. Encourage staff to bring in a spare set of clothes during the winter months so wet clothes, from rain or snow, can be changed as soon as practical
7. Ensure staff have access to a warm snack or meal during the day.

NDNA products to support you with these tips

- [Setting up a nursery forest school](#) – blog post

And more resources at www.ndna.org.uk/hub/myndna