



## Unstructured Outdoor Play at The New School Montessori

### Description

As we journey through another exciting year at The New School Montessori, we wanted to take a moment to emphasize the importance and numerous benefits of unstructured outdoor play for our students. As Montessorians, we believe children learn best when they have the freedom to explore, create, and discover on their own terms. Unstructured outdoor playtime is a fundamental component of this approach, and it offers a multitude of advantages for your child's development.

Outdoor environments provide endless opportunities for imaginative play. Our students can build huts, create nature-inspired artwork, and invent their own games, fostering their creativity and problem-solving skills. Running, jumping, climbing, and exploring the natural world helps children develop their physical abilities, strength, and coordination. Not to mention, fresh air and physical activity also promote overall well-being. Nature has a calming effect on children, reducing stress and anxiety.

Unstructured outdoor play allows children to develop emotional resilience and coping skills as they navigate various challenges and engage with the natural world. It encourages collaboration, communication, and cooperation. Children learn to negotiate, share, and resolve conflicts while interacting with their peers in an unstructured setting. Outdoor play fosters independence as children make choices about how they spend their time and what activities they engage in. This autonomy contributes to their self-confidence and self-esteem. Spending time outdoors helps children develop an appreciation for the environment and a sense of responsibility for its preservation. They connect with the natural world and learn about the importance of conservation.

At The New School Montessori, we are committed to providing ample opportunities for unstructured outdoor play during our daily routines. Our outdoor environments are designed to inspire exploration and discovery, and our dedicated teachers are trained to facilitate and support these experiences. We encourage you to embrace outdoor play at home as well, whether it's a visit to a local park, a nature hike, or simply spending time in your own backyard. This shared commitment to unstructured outdoor play will greatly benefit your child's overall development and happiness.



**The New School Montessori (TNSM)**

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