

PLAY TIME



ARE KIDS GETTING ENOUGH
OUTDOOR PLAY?



MOVEMENT GUIDELINES RECOMMEND

60 MINUTES DAILY

moderate to vigorous
physical activity for
5-17 year olds

120 MINUTES DAILY

active play
suggested by
ParticipACTION

180 MINUTES DAILY

of any intensity for
0-4 year olds



Only 37% of modern
day children play
outside everyday and
only 7% of kids under
10 are allowed to go
out on their own



Students in grades
6-10 play outdoors
for an *average of 15*
minutes per day



Only 12% of
preschoolers meet
the physical activity
guidelines

LEARN MORE AT

PARACHUTE.CA/PLAYSAFEOUTDOORS

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