Why Outdoor Play Matters

Discovering, Moving and Learning Beyond the Classroom

The outdoors offers a wonderful setting for young children to explore with their whole bodies and all their senses. Whether noticing the movement of leaves, investigating shadows or practising new movements, outdoor experiences can spark curiosity and support healthy development in ways that complement indoor play.

The Benefits of Outdoor Play

Time spent exploring outside offers rich opportunities for learning and wellbeing.

Movement and Coordination

Climbing, balancing, running and carrying help develop strength, coordination and body awareness. Different surfaces and spaces offer varied opportunities to practise movement.

Curiosity and Discovery

Natural textures, sounds and changes in the environment encourage children to observe and investigate.

Confidence and Resilience

Trying new physical challenges, with appropriate support, helps children assess and manage small risks. Small, manageable challenges are best explored with close adult supervision.

Language and Imagination

Outdoor discoveries provide new words, questions and possibilities for creative play.

Five Ways to Explore Outdoors

1. Notice the Little Things

Talk about clouds, shadows, birds, leaves and changing light. Invite your child to point out what looks or sounds different today.

2. Encourage Movement

Make space for walking, balancing, chasing bubbles and exploring different surfaces. Allow them to choose how they move within a safe area.

3. Use Simple Loose Parts

Suitable buckets, scoops and natural objects invite creative, open-ended play. Children may find completely different uses for the same resources.

4. Let Children Investigate

Follow their discoveries rather than planning every moment of an outing. A few extra minutes to look closely can lead to wonderful questions.

5. Plan Around the Weather

In Dubai, choose suitable temperatures, shade and hydration, with indoor movement on hotter days. On very hot days, energetic indoor play is a valuable alternative.

Exploring Outdoors at Dovecote

At Dovecote Nursery, we value opportunities for outdoor exploration as part of a balanced, play-based experience. Children are encouraged to notice, move, experiment and learn from the environment around them.

We adapt experiences to the weather and children's individual needs, ensuring that comfort, safety and wellbeing always come first.

Outdoor learning is not simply a change of scenery; it opens up new ways to explore and discover.