

## Make Saturday and Sunday outdoor fundays!

When it comes to family outdoor playtime, weekdays can be a little tricky – but that's why we have weekends! When we start to think about Saturday and Sunday as outdoor 'fundays' our planning for fun and outdoor activities gets a lot easier.


## Need some outdoor inspiration?

### Try these out with your kids today:

- roll down a really big hill at the park
- build a fort out of sticks and branches
- fly a kite at your local oval
- hunt for bugs
- take a bike ride along your local bike path
- play chasey or hide and seek in and out of trees in the park
- skim stones in a creek or at the beach
- soar on a swing or slide down a slippery dip at the local playground.

For loads of other great outdoor activity ideas, including places to play and parks near you visit [portenf.sa.gov.au/opal](http://portenf.sa.gov.au/opal).

Look out for your local 'Pocket Guide To Outside' – a map to great local parks and playgrounds where you and your family can have some great adventures.



## What is OPAL?

OPAL is a program that's about supporting your community to eat well and be active. New information and programs will regularly be provided to help you make healthy choices in your life. The OPAL team at your local council will be promoting all the great parks and playgrounds in your area as well as coordinating activities in local parks for your family to enjoy.

OPAL has five previous campaigns:

- 'Water. The Original Cool Drink' – encouraging a reduction in soft drink consumption.
- 'Give the screen a rest. Active play is best' – encouraging kids to switch off screens and get out and play.
- 'Make it a fresh snack' – encouraging the replacement of junk food snacks with fruit and vegetables.
- 'Think Feet First' – encouraging kids to step, cycle, scoot to school.
- 'A healthy brekky is easy as PEEL, POUR, POP' – encouraging parents to help kids enjoy a simple healthy breakfast.

To find out more and become involved, visit [opal.sa.gov.au](http://opal.sa.gov.au) or call the City of Port Adelaide Enfield OPAL Council Team on (08) 8405 6876.

[www.opal.sa.gov.au](http://www.opal.sa.gov.au)


OPAL is a joint program of Australian, State and Local Governments.

# Life looks brighter outside

*Local parks and playgrounds are great places to explore. So enjoy the day with outdoor play!*







There are lots of things to keep the family busy indoors but getting outdoors is where the real adventure begins. Kids love playing outside and sometimes all they need is the opportunity to get out there.

### **Kids just want to play**

Kids spend 90% of their time indoors but they say they want to spend more time playing outdoors.

Being outdoors and connecting with family and friends helps build children's confidence and independence. It also promotes social skills such as sharing, negotiation and team work.

Kids just see it as fun!

### **Give your kids an outdoor boost**

Playing outdoors in nature is important for children, just like healthy food and sleep. Kids that have the opportunity to play outdoors are:

- fitter
- stronger
- more co-ordinated.

It is also good for their brains, it helps improve:

- learning
- concentration
- memory
- sleep patterns.

Kids need plenty of physical activity every day, at least 60 minutes a day. Running, jumping, riding, climbing and chasing are great ways for kids to be physically active. Your local parks and playgrounds provide a great free space to be active. The kids will be having so much fun they won't think of it as exercise.

Allow them to get messy, meet up with other kids, make choices, agree on their own rules and create an adventure to remember.

### **Playtime for parents too**

Remember back to your own childhood when playing outside was part of everyday life. Times have changed and finding time to go to the park may be harder these days, so we are all missing out on the benefits of the great outdoors. That's the challenge – get out and enjoy the outdoors when you get the chance! Relive the great outdoors with your kids today.

**Jump on your bike, throw a Frisbee, or make a mud pie... There are all kinds of things to enjoy when you go outside.**

### **What do you need to get started?**

Time! Time is the biggest barrier to getting outside, so how do we get more time?

- Get together with friends or family at the park instead of at your house.
- Share the load; take it in turns with family or friends to take each other's kids to the park.
- Hold a playgroup at the park instead of indoors and enjoy a healthy picnic while you are there.
- During summer make the most of daylight saving and plan for outings after dinner.
- In winter, pull on the raincoats and rubber boots and splash in puddles or jump through leaves.
- Keep a ball, bat or kite in the car and take every opportunity to explore new parks, playgrounds and walking trails when you are out and about.