



**TAKE IT
OUTSIDE!**

“Let’s Get Dirty” Quiz

Directions: For each question below, circle **T** for true or **F** for false.

1. Outdoor play provides opportunities for brain development. **T F**
2. Teacher led, structured outdoor play may increase children’s level of physical activity and movement beyond the level created by child-initiated outdoor play. **T F**
3. Play spaces that allow children to interact with the natural environment help to reduce the growing number of children who may be experiencing “nature deficit disorder.” **T F**
4. The addition of “mobile” equipment and materials in an outdoor play space (e.g. water, bells, bubbles) provides children with opportunities to use their imagination and creativity. **T F**
5. Studies indicate that time spent in nature does not reduce ADHD/ADD symptoms. **T F**
6. Spending time outdoors cannot help prevent myopia (near-sightedness) in children. **T F**
7. An adequate and stimulating environment for outdoor play and movement should focus on allowing children to run, climb, move through space and “let off steam.” **T F**
8. Exposure to dirt/soil does not help boost immunity. **T F**
9. It is more difficult to make outdoor play inclusive than indoor play. **T F**
10. Sun exposure should be avoided at all costs. **T F**

Outdoor play – it’s not just FUN, it’s good for you!