



**TAKE IT  
OUTSIDE!**

# “Let’s Get Dirty” Quiz

1. Outdoor play provides opportunities for brain development. **True**
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. **True**
  - Research indicates that when children are engaged in well planned teacher structured outdoor play and movement that the level of physical activity is usually greater than when children are engaged in self-initiated outdoor play activities.
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.” **True**
  - Nature deficit disorder is a phrase coined by Richard Louv to describe the increasing number of children and adults who lack experiences with nature. Louv suggests that the lack of experiences with the natural environment results in a growing number of children who not only lack an appreciation of nature, but also do not have the benefits of what contact with nature seems to provide: increased focus, decreased anxiety, and pleasure and joy.
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. **True**
  - Research indicates that the provision of manipulatives (balls, ribbons, hoops, etc.) increases children’s levels of moderate to vigorous activity.
5. Studies indicate that time spent in nature does not reduce ADHD/ADD symptoms. **False**
  - Physical activity is associated the decreases in depression and anxiety and with increases in performance and levels of concentration. For example, various studies have found that children with ADHD who spent time outdoors in a park or “green” setting are less symptomatic and that it had a positive effect on performance and focus.
6. Spending time outdoors cannot help prevent myopia (near-sightedness) in children. **False**

Time spent outdoors is shown to reduce myopia (near sightedness) in children (*Optometry and Vision Science, 2008*).
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.” **True**
8. Exposure to dirt/soil does not help boost immunity. **False**
  - According to immunologists, today’s children do not get enough exposure to dirt and bacteria found in soil, and that these things actually boost immunity.
9. It is more difficult to make outdoor play inclusive than indoor play. **False**
10. Sun exposure should be avoided at all costs. **False**
  - Time spent outdoors is also the best way to get vitamin D. According to the journal *Pediatrics*, 70% of American kids are not getting enough vitamin D, which can lead to a host of health issues.