



BENEFITS OF FOREST FRIDAY

1. Boosts Physical Health

Climbing, running, balancing on logs, and navigating uneven terrain help develop coordination, strength, and gross motor skills. Exposure to fresh air and sunlight supports immunity and healthy sleep patterns!

2. Fosters Creativity and Imagination

Natural environments are open-ended and unstructured, encouraging imaginative play. A stick can be a sword, a wand, or a cooking spoon in a forest "kitchen."

3. Develops Problem-Solving and Resilience

Navigating a stream or building a fort requires planning, experimentation, and persistence. When challenges arise, like getting muddy or stuck, children learn to adapt and cope.

4. Supports Emotional Wellbeing

Being in nature has a calming effect, reducing stress, and anxiety. The forest provides space for children to explore independently, which builds confidence and a sense of autonomy.

5. Encourages Social Skills and Cooperation

Free play with peers in a natural setting often involves negotiation, teamwork, and communication. Children create and enforce their own rules during games, developing leadership and empathy.

6. Connects Children with Nature

Regular experiences in the forest build a lasting appreciation for the natural world. Kids who develop this connection early are more likely to care about environmental issues as they grow.

7. Enhances Cognitive Development

Natural environments stimulate curiosity and observation, promoting scientific thinking. Rich sensory input from sights, sounds, smells, and textures supports brain development.

Learn more about Forest Fridays at Bullis: www.bullis.org/forest-friday