

## **Go Outside and Play Choices- Sept. 2017**

**DIRECTIONS:** First, you are going to consider the benefits of play and your favorite outdoor games from childhood.

### **Step 1: Before You Go Outside**

1. What are the benefits of play? Come up with at least one example of how it affects each of the following.
  - **Physical health:**
  - **Mental/emotional health:**
  - **Social health:**
2. Pretend like you are a little kid again. What were some of your favorite games (not including organized sports) to play during recess in elementary school? Try to think of games that everyone can be involved in!

### **Step 2: After You Go Outside**

3. How are you feeling after playing a game or just going outside to be active?
4. Did you notice any of the benefits you listed in Part 1? If so, which ones?
5. How can you make sure you play more in your daily life?