



NEWS DETECTIVES

TODAY'S NEWS STORY

**It's official
– playing
outside is
good for you**

KEYWORDS

- ☐ **Reap:** Gather
- ☐ **Host:** A large group
- ☐ **Bulldog:**
A game where you have to run past each other
- ☐ **Vitamin D:**
A chemical released in your body by sunlight



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BUILD YOUR KNOWLEDGE

It's Mental Health Awareness Week. The theme this year is all about moving more for our mental health. One of the best ways to do that is by going outside. In Scotland and some parts of England, doctors can even prescribe going out and exploring nature!

It's Mental Health Awareness Week. And there's no better moment to go outside and **reap** some of the benefits of being in touch with nature!

Unplugged

The weather's warming up. Time to turn off your devices, get some fresh air, and jump around. Unplugged play is the best play.

It's not just parents who say that. Science does too. A **host** of studies have found that playing outside is good for you.

So why not try a game of **bulldog**, or hopscotch, or just running wild?

Recharging

Playing outdoors is a great way to get some exercise. And also some much-needed **Vitamin D**. Both of these are good for your body and mind.

But outdoor play doesn't just get the blood pumping. It's a chance to stop and smell the roses. Or, if that's not your thing, you can listen to the birds sing.

Plugged in

There's a whole world of living things around. Modern life can often disconnect us from it, but playing outside is a way to feel like part of the world. This is good for our mental health, too!

Studies show that people who feel connected to nature are happier. Getting in touch with nature can also boost your creativity and focus.

Nature is all around us, but to help us see that, we need more places to play.





INVESTIGATION OF THE DAY

DO WE NEED TO STOP AND SMELL THE ROSES MORE?

WHAT
is one benefit
of going
outside?

WHO
says unplugged
play is the
best?

WHERE
is nature?

WHEN
can you get
Vitamin D?

WHY
do we want to
be in touch
with nature?

HOW
can you improve
your focus and
creativity?

1 TAKE ACTION

Get outside with your friends, in nature, and play! Notice how being outside and moving around makes you feel. Use what you've learned to convince family and friends who are tied to their screens or devices to come and play outside instead. Then, celebrate the positive effect play has on your wellbeing by entering our planet play competition!



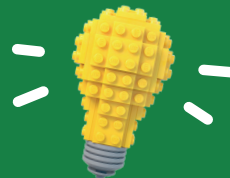
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2 SHARE YOUR IDEAS

What have you found out in your investigation? Write, present or even record a piece that explains the joys of outdoor play. Share what you've learned with your family and friends. What do they think? We want to hear your ideas too! Your teacher can share your reports with us too by sending them to editorial@theday.co.uk.

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Build THE Change



COMPETITION TIME!

Because of traffic and poor town planning, 60% of 4 to 11 year olds never play outside on their own street. But research tells us that playing outside and connecting with nature is good for people and the planet. Did you know there's a brilliant solution to this problem? You can set up your own Play Street. Visit www.playingout.net to find out more.

STEP 1:

Reimagine a street near you as a wild and playful street, one where young people can safely play outside and interact with nature.

STEP 2: Share your vision with us by creating a drawing or a 3D model made from LEGO, craft bits, natural materials or recycled rubbish. Don't forget to explain your awesome ideas and take a photo of your build.

STEP 3: Write a letter persuading the adults around you to set up a wild play street in your community so that local people, wildlife, and our amazing planet can all thrive. Read to them and then send it to us, along with your designs or photos to be in with a shot of winning!



Enter the
competition
to win prizes!

Visit www.theday.co.uk/build-the-change-planet-play/ to find out how to enter the competition.

This worksheet is available every weekday at 6:30am London time from <https://theday.co.uk/resources/news-detectives>.
For any feedback or help please contact buildthechange@theday.co.uk. Thank you.

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