

NATIONAL OUTDOOR EDUCATION CONFERENCE 2022 — Program

26 – 28 September | Fairmont Resort & Spa, Leura

LET THE CHILDREN **PLAY**

For outdoor learning, wellbeing, and life success of every child

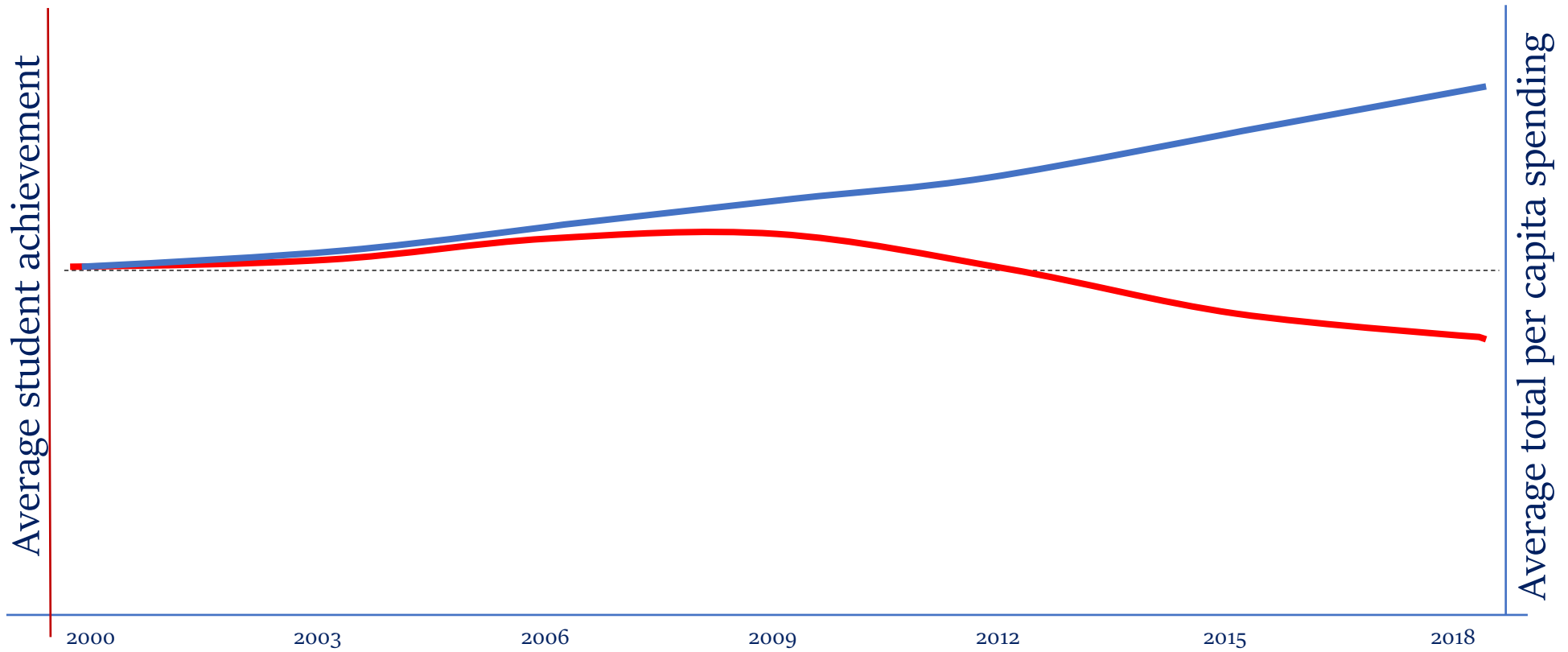
Blue Mountains, NSW

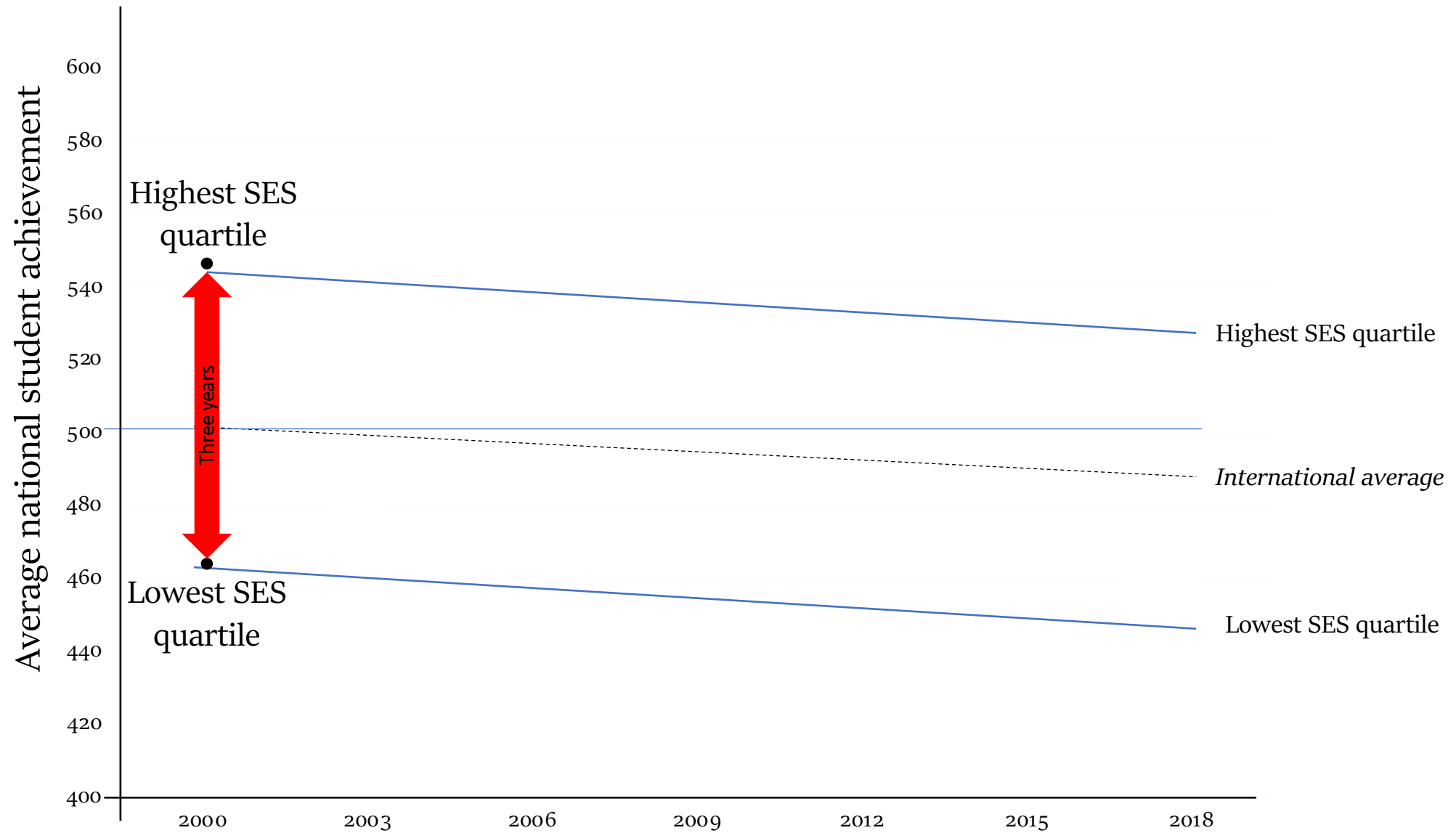
26 September 2022

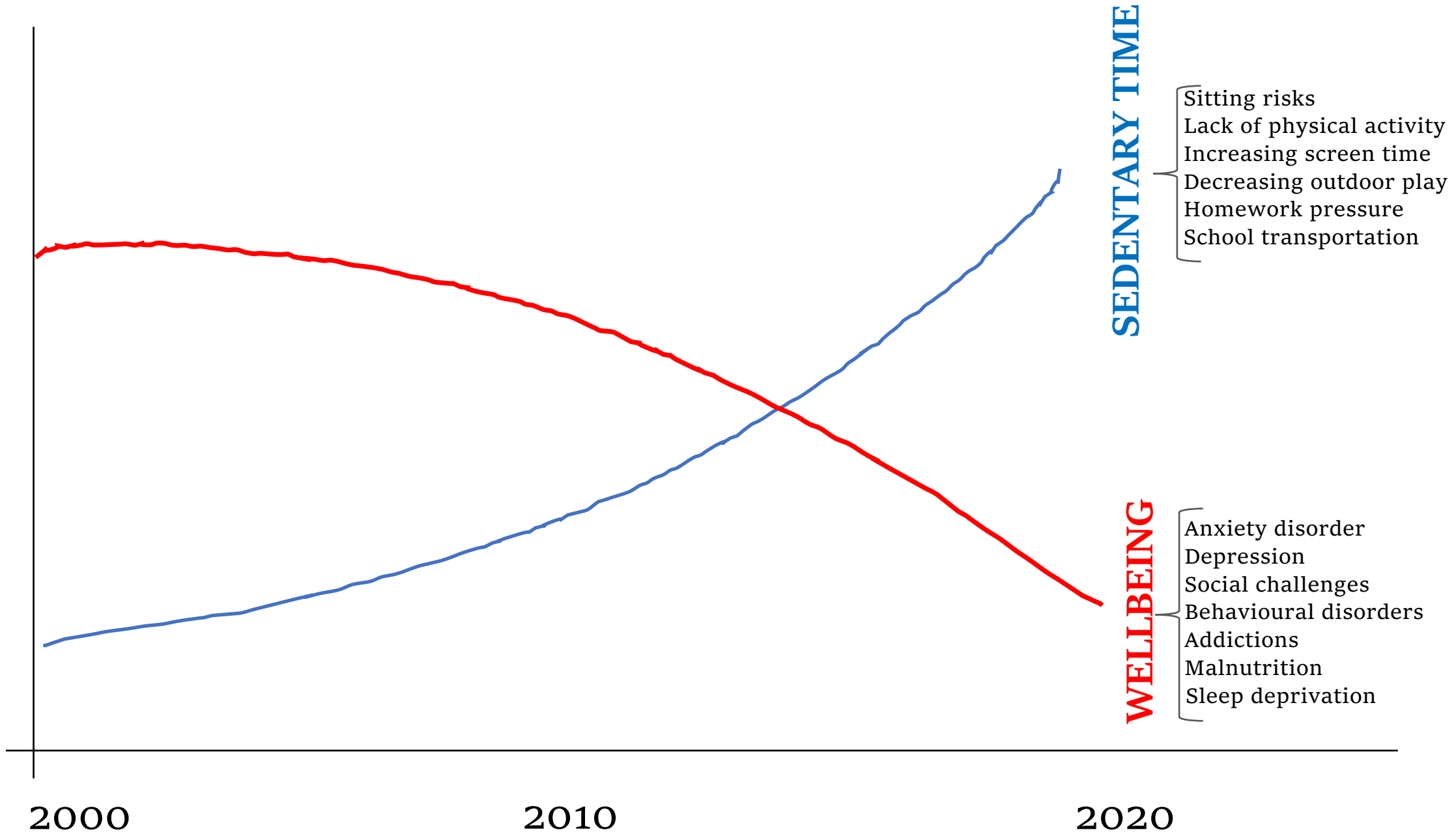
 [pasi_sahlberg](#)



**Southern Cross
University**







SEDENTARY TIME

- Sitting risks
- Lack of physical activity
- Increasing screen time
- Decreasing outdoor play
- Homework pressure
- School transportation

WELLBEING

- Anxiety disorder
- Depression
- Social challenges
- Behavioural disorders
- Addictions
- Malnutrition
- Sleep deprivation

2000

2010

2020

Changing children, changing times

What the kids need to learn for the future?

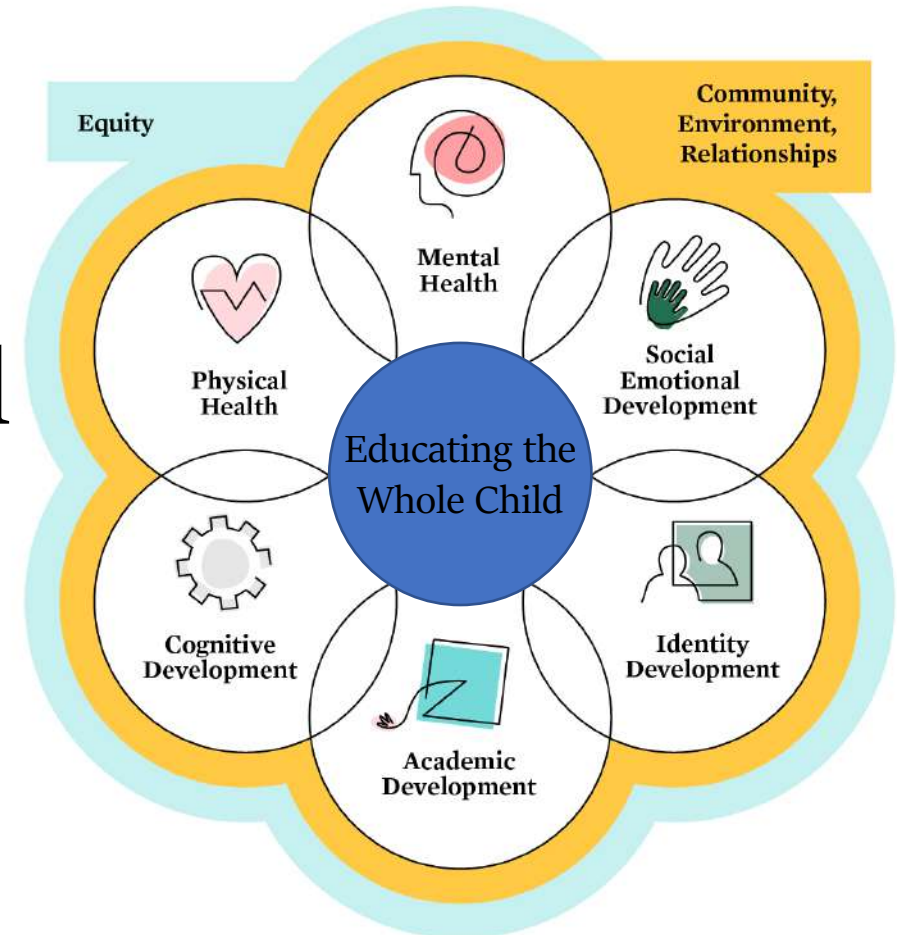


21ST CENTURY
SKILLS
FOR 21ST CENTURY
NEEDS

Three big trends towards future schools



Health as a skill



What can we do?

PLAY is an activity that is... intrinsically motivated,

entails active engagement, and



results in joyful experience.



80%

of parents believe
that children are
under pressure to
grow up too quickly.

85%

of parents say kids today
spend less time **PLAY**ing
than they did when they
were their children's age.

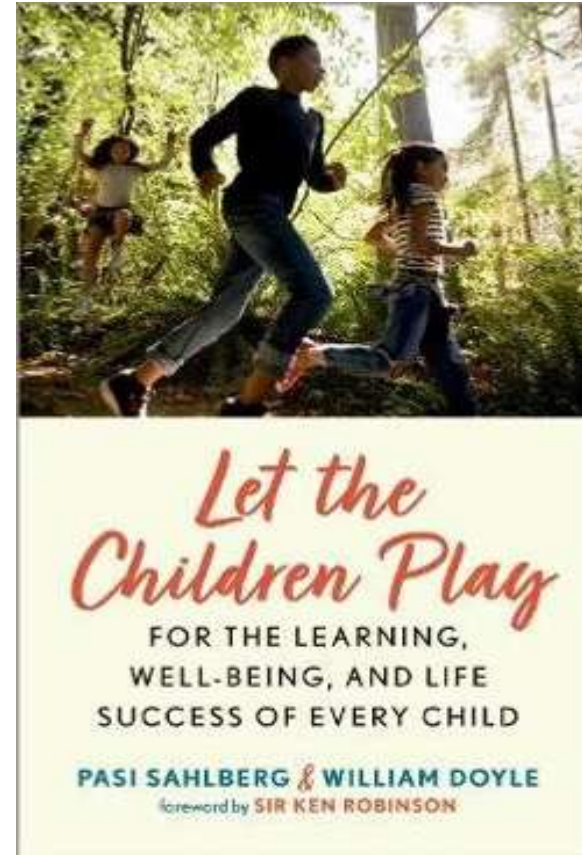
1 of 5

children say that they
are too busy to **PLAY**

DOCTOR'S ORDER:

Children Must **PLAY**

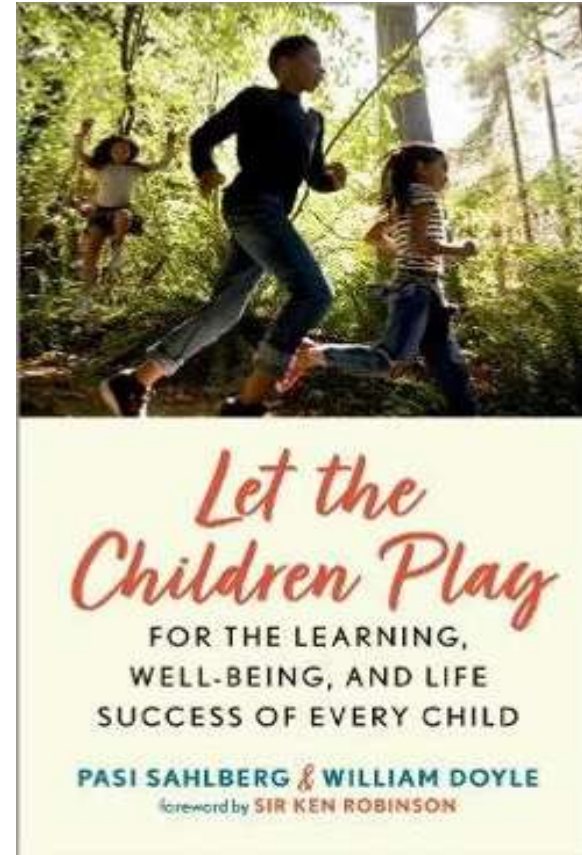
PLAY is integral to a child's education. The importance of playtime for children cannot be overemphasized to parents, schools, and community organizations.”



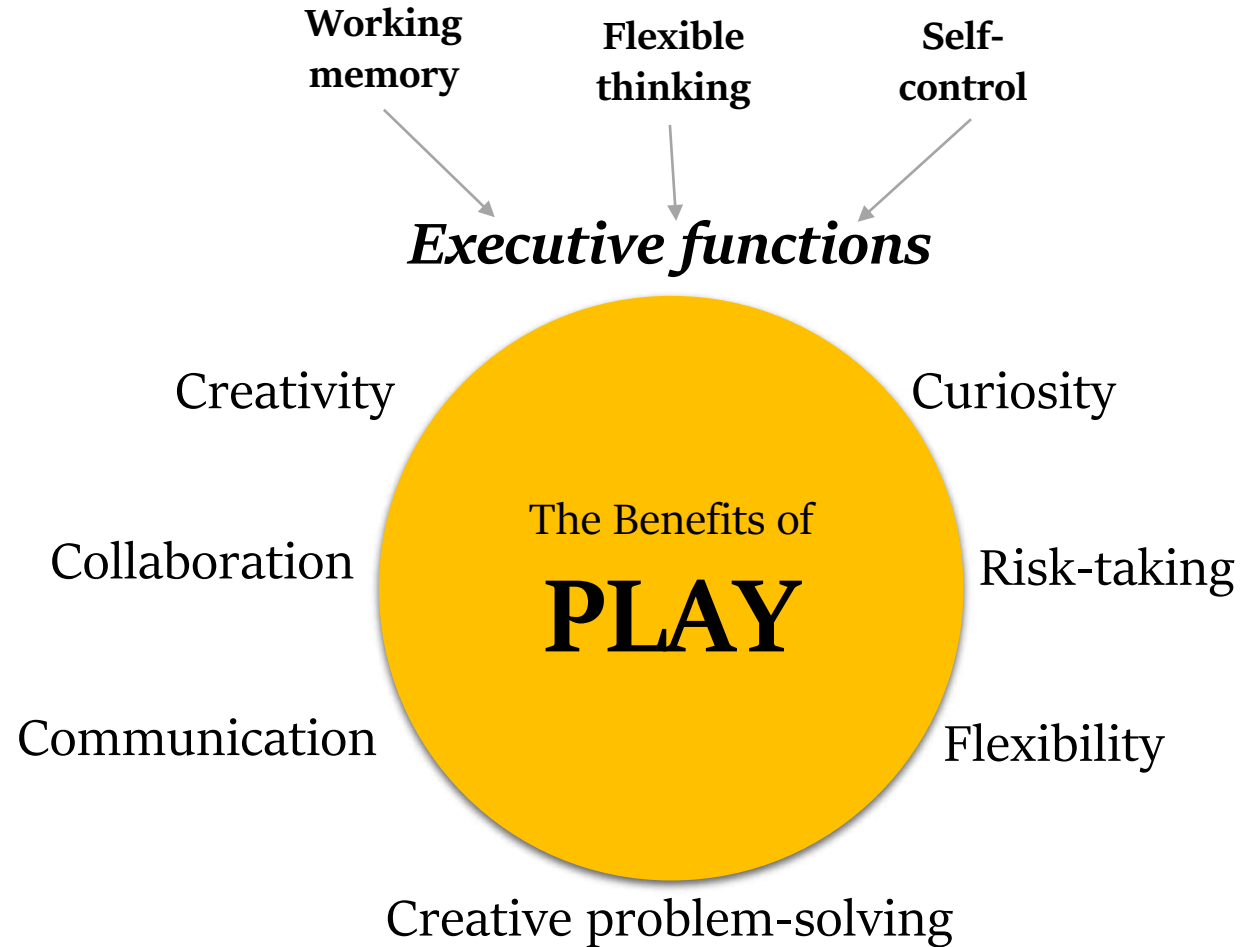
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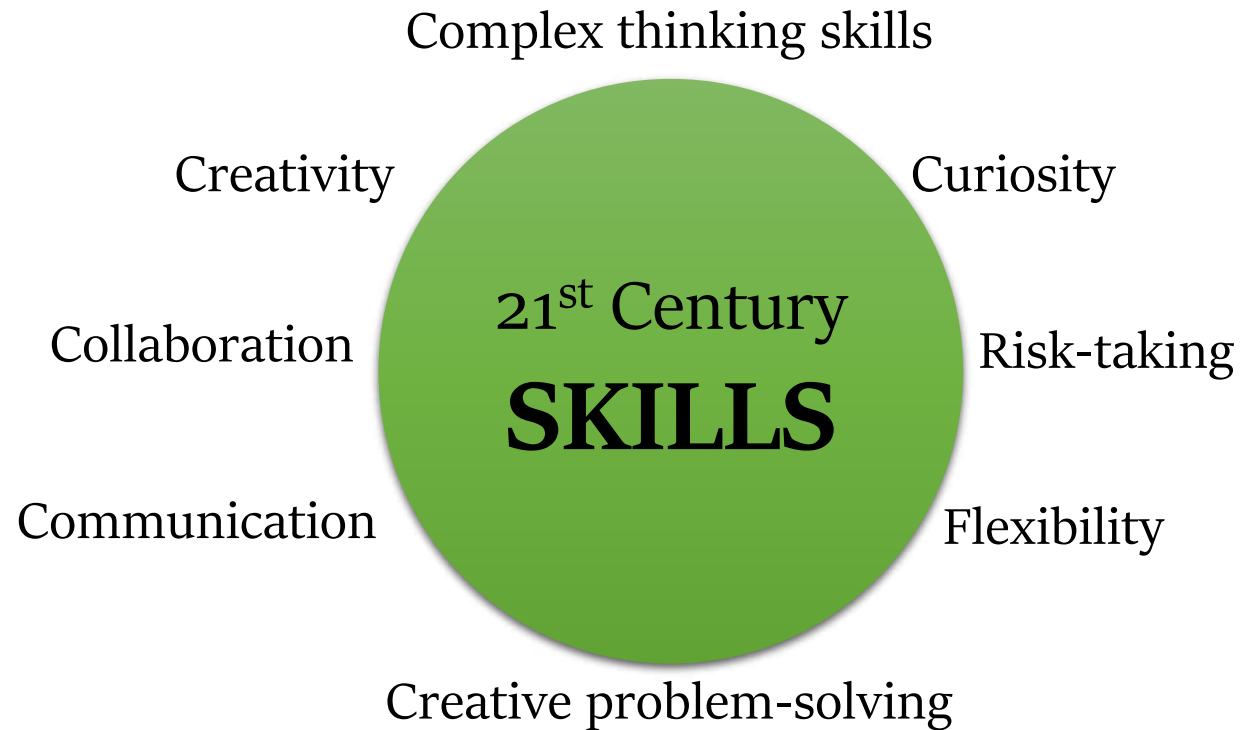
The lifelong success of children is based on their ability to be creative and to apply the lessons learned from **PLAY**.



Multiple benefits of **PLAY**



21st Century **SKILLS**



Conclusion: The future

- Make time for play
- Outdoor play and learning whenever possible
- Build healthier digital habits
- Rock 'n' roll can save our schools!

Thank you!