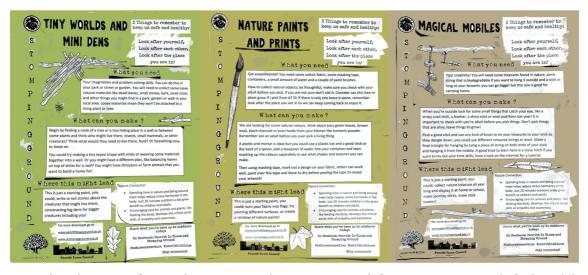


Encouraging children to play outdoors

While keeping safe and following the ongoing social distancing rules, we can all help our children enjoy the outdoors and learn to care for the environment!

While many children are staying at home, it can be hard for parents and carers to come up with new ideas to keep them occupied. So the Town Council is working in partnership with 'Stomping Ground' as part of the 'Penrith in Bloom' initiative to offer some simple ideas for parents and carers to play outdoors with their children and learn to love the environment at the same time. They include 'Tiny Worlds and Mini Dens,' 'Nature Paint and Prints' and Magical Mobiles.'



Besides having fun, playing outdoors is good for young people's health and well-being. According to research, it reduces the risk of shortsightedness and infections, and it helps children develop social skills, empathy and love for the environment.

While they're playing, children often come up with their own ideas, so if they do get excited about something new, please share their ideas along with photos. With appropriate permission, we will post them on the 'Penrith in Bloom' Facebook Page @penrithinbloom and

@stompingground. Just take photos of hands if you don't have permission to photograph and publish their faces.

As time goes on, we hope to see Penrith parents/carers and children playing safely outdoors and enjoying our town's brilliant green spaces.