

# Adventures at AIMS...coming together as a community

*Spring is right around the corner...Let them play outside*

*“Let the children be free; encourage them; let them run outside when it is raining; let them remove their shoes when they find a puddle of water; and when the grass of the meadows is damp with dew, let them run on it and trample it with their bare feet; let them rest peacefully when a tree invites them to sleep beneath its shade; let them shout and laugh when the sun wakes them in the morning as it wakes every living creature that divides its day between waking and sleeping.”*

- Maria Montessori

The playground is one of the many daily distractions from my office window. It pulls my attention away from my computer to soak up the smiles and laughter on student's faces. In our increasingly structured and technology-driven world, it is very important to provide our children with unstructured play time outdoors. This week's warmer weather is allowing our recess time and After-care program to extend time outside, fully allowing children to engage in imaginative, free play within a supervised environment. Social-emotional learning is a huge feature of this free play – resolving conflicts and negotiating rules and guidelines for games. Physical fitness and dexterity is another benefit of this outdoor activity, building strength and coordination. Let us be reminded that “Play is the work of the child.”