

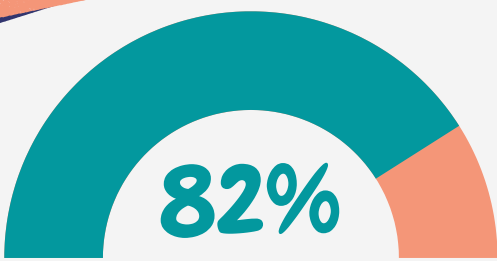
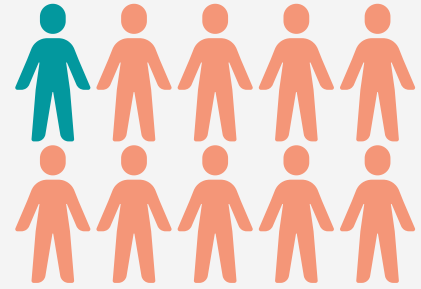


Outdoor Play

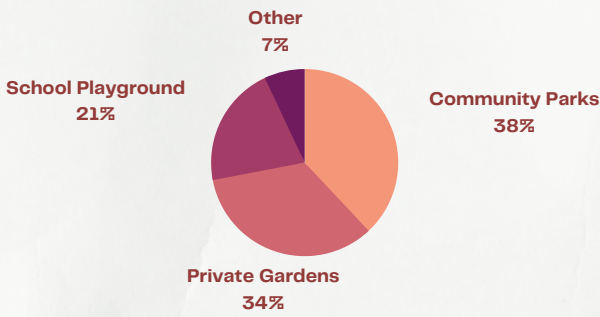
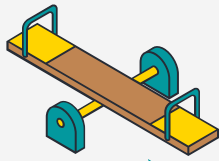
Survey Results



According to parents, their child prefers to play outdoors with one peer (36%) or alone (27%).



82% of parents said their child or young person enjoys playing outdoors.



The preferred place to play outdoors is community parks



The most common sensory experiences in the school playground are exploring:

- Movement (e.g. running, jumping, swinging, cycling, rolling, spinning)
- Textures (e.g. sand, water, bubbles, mud kitchens, making things with nature)
- Ability (e.g. circuits, reaching, pulling, climbing)



The majority of schools spend 30-60 minutes in outdoor play per day.

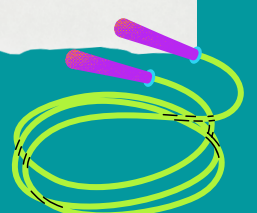


The most commonly observed types of play amongst autistic children in the school playground are:

- Locomotor play
- Object play
- Deep play

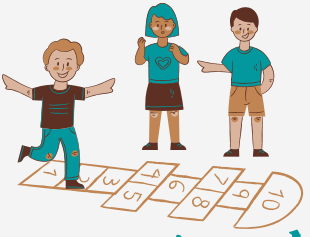
Parents mostly see the effects of outdoor play as:

- Emotional** (e.g. calming, relaxing, makes the child happy),
- Physical** (e.g. tiring, energy release, builds motor skills)
- Social** (e.g. mixing with other children, building confidence)



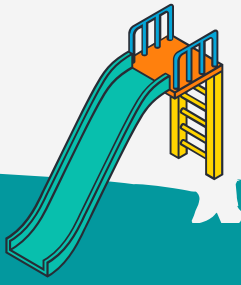


CENTRE FOR AUTISM

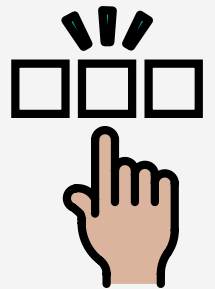


Outdoor Play

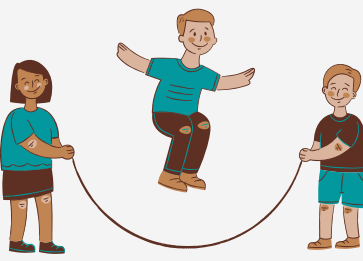
Survey Results



School playgrounds that have visual supports for students

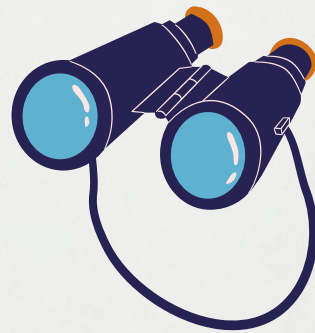
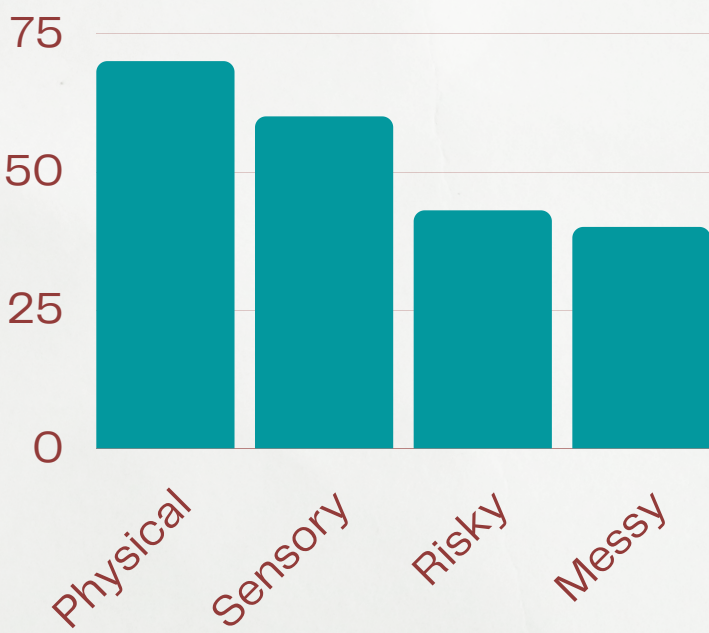


The least commonly observed types of play amongst autistic children in the school playground are:



- Recapitulative play
- Symbolic play
- Mastery play

The preferred play types according to parents are:



Schools mostly use their outdoor space for:

- Free play
- PE
- Exploring nature

