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Playing freely in nature may boost complex thinking, social skills in kids: Study



Melbourne, Feb 17 (PTI) Any activity that gets children thinking and acting spontaneously outdoors without adult control can help them develop complex thinking abilities, social skills, and creativity, according to a review of studies which may lead to innovative play spaces in childcare centres and schools.

The study, published in the journal PLOS One, assessed the impacts of nature play on the health and development of children between two and 12 years of age, and found that the activities improved children's complex thinking, social skills, and creativity.

"Nature play is all about playing freely with and in nature. It's about making mud pies, creating stick forts, hiking, outdoor adventure, and getting dirty," said Kylie Dankiw, study co-author from the University of South Australia (USA).

In the review, the researchers consolidated 16 studies which involved unstructured, free play in nature (forests, open spaces, outdoors, gardens) and included natural elements (highly vegetated, rocks, mud, sand, gardens, forests, and water).

They determined the impact of nature play on children's health and development.

According to the review, these activities improved children's levels of physical activity, health-related fitness, cognitive skills, learning, and social and emotional development.

It also showed that nature play may improve thinking and learning outcomes, such as the children's levels of attention and concentration, punctuality, settling in class, constructive play, social play, as well as imaginative and functional play.

"In recent years, nature play has become more popular with schools and childcare centres, with many of them developing play spaces to incorporate natural elements, such as trees, plants and rocks," Dankiw said.

According to the researchers, the current study is the first to rigorously, transparently and systematically review the existing body of work on nature play and show the impact it has on children's development.

"For early childhood educators, health practitioners, policymakers and play space designers, this is valuable information that may influence urban play environments and re-green city scapes," Dankiw said.

Playing in nature, children can build their physical capabilities -- their balance, fitness, and strength, the researchers said.

"And, as they play with others, they learn valuable negotiation skills, concepts of sharing and friendships, which can contribute to healthy emotional and social resilience," Dankiw added. PTI VIS VIS VIS

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Kangana's 1st look as Air Force pilot in "Tejas" goes viral



Kangana's 1st look as Air Force pilot in "Tejas" goes viral

Mumbai, Feb 17 (IANS) Kangana Ranaut's first look as an Air Force pilot in her upcoming flick "Tejas" has taken the internet by storm.

On Monday morning, Ronnie Screwvala's production house RSVP movies shared Kangana Ranaut's first look from "Tejas" on Twitter where she can be seen posing in front of a fighter jet. In the movie, Kangana will be seen in the avatar of an Air Force pilot and her first look is already winning hearts of netizens.

The tweet reads: "Soaring high into the sky! Presenting the first look of #KanganaRanaut as an Air force Pilot in #Tejas. @KanganaTeam @RonnieScrewvala #SarveshMewara @nonabains."

Directed by Sarvesh Mewara, "Tejas" will be RSVP's second film which pays a tribute to the Indian military after the immensely success "Uri: The Surgical Strike" which released in January last year.

Informing about the movie, Kangana's sister Rangoli Chandel tweeted: "#Tejas it's not only a fighter jet but also Kangana's name in the film, she always wanted to play a soldier and her dream came true, after Manikarnika another war film but this time action will be in the sky, Jai Hind."

Netizens are loving the actress' look as an Air Force officer as a result of which, the hashtags #KanganaRanaut and #Tejas are trending on Twitter since Monday morning.




"Tejas" will go on floors very soon and is slated to release in April 2021.

--IANS






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