

Tips for getting your class outside!

There is a growing body of research linking childhood contact with nature to a wide range of benefits. Educators have also noticed the link between children's health, development and wellbeing with regular nature time.

However, it can be a trick to coordinate getting your students outdoors within school time. Here are a couple of tips to help you get outside!



1. When it comes to taking classes outside, support is key. For best results team up with fellow teachers and share ideas, materials and outdoor supervision.
2. Review your units and lesson plans to schedule outdoor classes that align with particular learning outcomes. This will ensure nature time is purposeful and supports your inside work.
3. Take advantage of those aspects of the curriculum that lend themselves to outside time. Whether you're teaching health, maths, english, science or art, get creative about how you can enliven your class with nature time.
4. Plan simple excursions to your local parks or reserves.



5. Kids can get extra excited when they venture outside for learning purposes. Ensure your students know exactly how to be safe and exactly what they will be doing outside.
6. Keep parents/caregivers informed of the many benefits of taking their child outdoors. Send a note home specifying when and where you will be going and the learning intention of the class. It is important to get permission of parents for health and safety reasons.

Page 1.

Tips for getting your class outside!

7. Inform the rest of the staff about why and what you are doing with your students. Collect some data to demonstrate the outcome of your lessons. Why not present this at the next staff meeting? This may encourage other to follow your lead.



8. Set up time for outdoor and sensory play. Less structured classes also have many benefits.

9. Punctuate your teaching day with nature mindfulness and meditation activities. This will help connect students to the great outdoors while improving their concentration, sharpening their focusing abilities and increasing their general happiness levels.

10. Connect with outside organisations and community groups to help get you outside. The more support the better!

11. Create a school wide outdoor learning policy. Get the support of your Principal and school council. Not only will this support your outdoor learning endeavours but will encourage other staff to get on board too.

12. Don't forget to stock up on your own nature time. Why not schedule your next meeting outside or take your laptop out to the school garden to do you marking.



Page 2.