

WHY TEACH OUTDOORS?

"NATURE HOLDS THE KEY TO OUR AESTHETIC, INTELLECTUAL, COGNITIVE AND EVEN SPIRITUAL SATISFACTION." – E. O. WILSON

There is a large and ever-growing body of local and international research linking contact with nature to a wide range of health and wellbeing benefits.

Whether it's a near by park, the school oval, a shady tree or a patch of grass, getting students outside can have a big positive impact on learning and development.

Studies have shown the following benefits:

- * INCREASED FEELINGS OF JOY AND HAPPINESS
- * REDUCED STRESS, ANXIETY AND SOME ADHD SYMPTOMS
- * IMPROVED MEMORY, FOCUS, PROBLEM SOLVING AND CREATIVITY
- * IMPROVED BEHAVIOUR AND COOPERATION SKILLS
- * ENHANCED ACADEMIC SUCCESS AND ACHIEVEMENT
- * INCREASED PHYSICAL HEALTH, COORDINATION AND EYESIGHT
- * INCREASED CONNECTION WITH OUR EARTH GIVING STUDENTS A SENSE OF WONDER AND CURIOSITY
- * INCREASED LIKELIHOOD TO CARE FOR AND CONSERVE NATURE AS ADULTS

This collection of innovative outdoor learning lessons (Foundation to Year 6 and Year 7 to 10) allows teachers to reap the benefits of nature without sacrificing curriculum requirements. In fact, taking your maths, english, art or science lessons outside can seriously super charge them!

SOURCES:

Planet Ark's 2012 report *Planting trees: just what the doctor ordered* - <http://treeday.planetark.org/about/health-benefits.cfm>

Children and Nature Network - <http://childrenandnature.ning.com/group/naturalteachers/forum/topics/10-reasons-to-take-your-students-outside/>