

# WHY LEARN 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 children 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 activities for early learning allows educators to reap the benefits of nature without sacrificing EYLF requirements. In fact, taking numeracy and literacy activities 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/>