

# The Great Outdoors: An Underused Wellness Resource in Early Childhood

LCEEQ 2020

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## Articles

Cooper, A. (2015). Nature and the Outdoor Learning Environment: The Forgotten Resource in Early Childhood Education. *International Journal of Early Childhood Environment Education*, 3 (1) 85-97.

<https://files.eric.ed.gov/fulltext/EJ1108430.pdf>

Kuo M., Barnes, M. & Jordan, C. (2019). Do Experiences with Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship. *Frontiers in Psychology*, (10) 1-9. doi: 10.3389/fpsyg.2019.00305

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00305/full>

Robbins, J. (2020, January 9). *Ecopsychology: How Immersion in Nature Benefits Your Health*. Retrieved from <https://e360.yale.edu/>

[https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health?fbclid=IwAR35c5L4W\\_bZW1zUsmFyy8iMtEBxJ4G6URgmwjgJ5Gj7v3M0\\_H2oMOHO4MY](https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health?fbclid=IwAR35c5L4W_bZW1zUsmFyy8iMtEBxJ4G6URgmwjgJ5Gj7v3M0_H2oMOHO4MY)

## Videos

*Benefits of Nature-Based Early Childhood Education*; North American Association for Environmental Education

[https://www.youtube.com/watch?v=Egr5O\\_BvG-Y&feature=emb\\_logo](https://www.youtube.com/watch?v=Egr5O_BvG-Y&feature=emb_logo)

Snow scene

<https://www.youtube.com/watch?v=WPvfhLDj0c8>

Falling Leaves

<https://www.youtube.com/watch?v=4cobh8inJA4&t=4242s>

## Web sites

Outdoor Play Canada

<https://www.outdoorplaycanada.ca/about/>

Outside Play (Risky Play)

<https://outsideplay.ca/>

The Outdoor Classroom (Ontario Teacher's Federation)

<https://www.otffeo.on.ca/en/learning/tlc/report/the-outdoor-classroom/>

Outdoor Classroom Day

<https://outdoorclassroomday.com/about/>

Global School Play Day

<https://www.globalschoolplayday.com/>

Take Me Outside

<https://takemeoutside.ca/>

"Spending time outdoors reduces the severity of symptoms of children with ADHD."

"Just viewing nature reduces physiological stress response, increases level of interest and attention, and decreases feelings of fear and anger or aggression."

"Children who play outdoors are generally more fit than those who spend the majority of their time inside. [They] also show a statistically significant improvement in motor fitness with better coordination, balance, and agility."

"Inclusion of loose parts of natural materials increases constructive and dramatic play."

*(Cooper, 2015)*

"Japanese researchers... suspect aerosols from the forests, inhaled during a walk, are behind elevated levels of Natural Killer or NK cells in the immune system, which fight tumors and infections. "

*(Robbins, 2020)*

"...natural settings provide a less restrictive context for learning than the traditional classroom, giving children more freedom to engage with one another and form ties."

"Play becomes strikingly more creative, physically active, and more social in the presence of [natural] loose parts".

*(Kuo, Barnes & Jordan, 2019)*



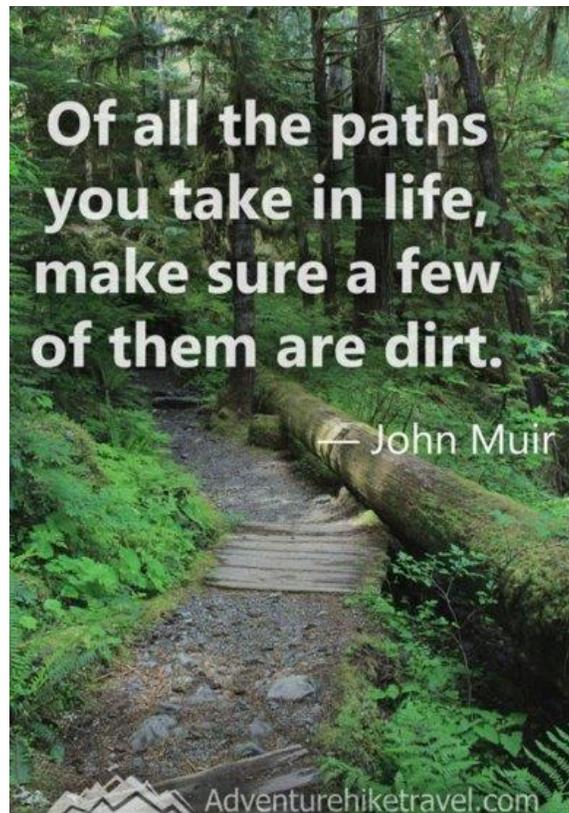
Image: pixabay.com



**“It’s not about  
having the  
perfect materials,  
it’s about creating  
an environment  
where children  
are free to give  
new purpose to  
the materials you  
DO have.”**

**-Denita Dinger**

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**Of all the paths  
you take in life,  
make sure a few  
of them are dirt.**

← John Muir

Adventurehikettravel.com