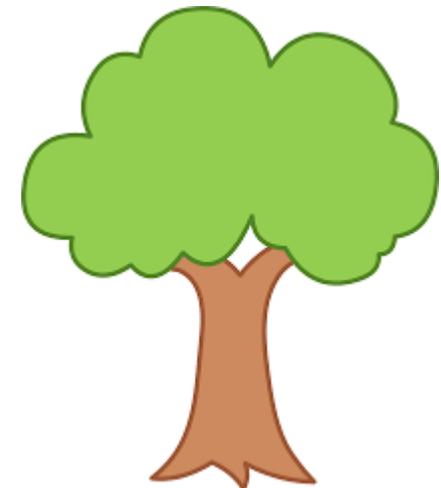
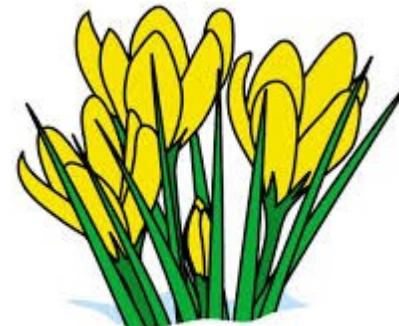


Ideas linked to the Early Years Outcomes/ Development Matters:

- **Personal, Social, Emotional Development:** caring for animals: make a bug hotel, taking risks e.g. swinging/jumping from a tree
- **Physical Development:** Playing chasing games, jumping in leaves
- **Communication and Language:** Describing what you see/hear/touch/smell, Go on a listening walk- what can you hear?
- **Literacy:** Act out the story 'The Bear Hunt', paint with mud
- **Mathematics:** Comparing size of natural objects e.g leaves, counting leaves
- **Understanding of the World:** Discussing seasonal changes e.g. signs of Spring, Picking up litter, road safety- being safe
- **Expressive Arts and Design:** Make a collage from leaves, Moving like different animals e.g. jumping like a frog



Outdoor Learning



'The best classroom and richest cupboard is roofed only by the sky.'

Margaret Macmillan (1919)

Why is outdoor learning important?

- Children need daily exercise. NHS guidelines say that children under 5 need 3 hours exercise a day and that should be with a mixture of bone strengthening, muscle building and cardiovascular.
- Exercise improves children's emotional health, allowing for relaxation and calmness and a heightened sense of well being (Armstrong 1996)
- Outdoor learning provides the opportunity for children to gain: Confidence and skills, high self esteem with a positive self image, more language, good social skills, independence, high levels of involvement, good observation skills, competence in handling real tools, good co-ordination.

Examples of activities you can do at home:

- Using sticks/hands to make marks in sand and mud
- Planting flowers/vegetables
- Going on a mini beast hunt
- Making dens
- Climbing trees/ rolling down hills
- Making mud pies
- Collecting natural materials and sorting them/ make a picture from them
- Imaginative play: looking for fairies, finding treasure, making food for the Gruffalo
- Splashing in muddy puddles
- Making a weather chart- talk about change
- Make a wormery

Links to websites:

<http://www.bbc.co.uk/cbeebies-> Mr Bloom,
Mini Beast adventures,
<http://www.norcoteearlyyearscentre.co.uk/>

<http://www.bbc.co.uk/news/science->
[http://www.foundationyears.org.uk/files/2012/03/](http://www.foundationyears.org.uk/files/2012/03/Development-Matters-FINAL-PRINT-AMENDED.pdf)
Development-Matters-FINAL-PRINT-AMENDED.pdf
[environment-24532638outdoor-learning/](http://www.foundationyears.org.uk/files/2012/03/Development-Matters-FINAL-PRINT-AMENDED.pdf)