

# BENEFITS OF OUTDOOR ACTIVITIES

- Research findings have shown that being in nature, being physically active and active play contribute to the health and well-being of children.
- Emotional benefits include: relieving stress, expressing emotion and releasing frustration/alarm, practicing towards emotional regulation and enabling enjoyment.
- Many different school-based measures can be used to promote active outdoor play in children: providing playground materials and equipment, adding playground markings, increasing time outdoors, increasing visits to community parks, etc.

# EMOTIONAL RELEASE CAN BE LOUD

- Kids cannot manage being quiet at all times
- Expect that physical movement and outdoor play can get loud
- Explain and model to children the difference between indoor and outdoor voices
- What games can you play to allow for kids to get loud?

**GAME: Who's the loudest bear?**



# OUTDOOR CLASS-TIME ACTIVITIES

- Reading a book which includes getting students moving
- Painting on big chart paper - *Squeeze Away*
- Science experiment outdoors - Nature potions - Mud kitchen
- Observing insects with a magnifying glass - turning over rocks and logs
- Nature watching (butterflies, birds, flowers, animal tracks)





# OUTDOOR CLASS-TIME ACTIVITIES



- Outdoor snack or picnic
- Gardening plants, flowers, fruits and/or vegetables
- Scavenger hunt (e.g. finding different types of leaves, color hunt)
- Excursion outside of school (nearby park, wooded area, pond, etc.)

Going on a Sensory Walk...

Prendre une marche sensorielle...



see

voir



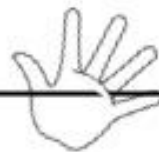
smell

sentir



hear

entendre



touch

toucher



taste

goûter

# Going on a colour walk

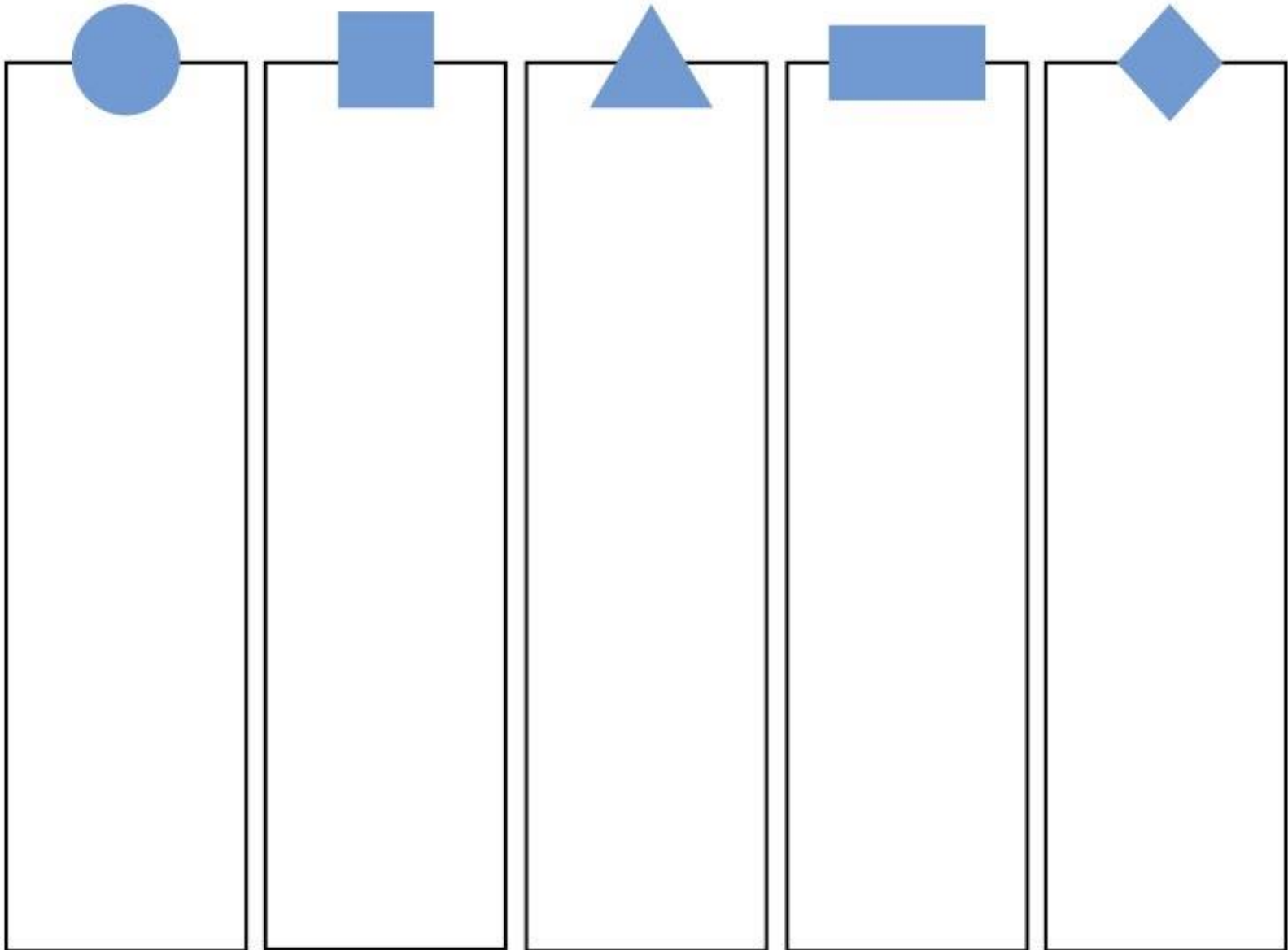
<b>pink</b> <b>rose</b>		<b>grey</b> <b>gris</b>	
<b>brown</b> <b>brun</b>		<b>beige</b> <b>beige</b>	
<b>black</b> <b>noir</b>		<b>white</b> <b>blanc</b>	

# Prendre une marche des couleurs

<b>red</b> <b>rouge</b>		<b>orange</b> <b>orange</b>	
<b>yellow</b> <b>jaune</b>		<b>green</b> <b>vert</b>	
<b>blue</b> <b>bleu</b>		<b>purple</b> <b>mauve</b>	

**Going on a shape walk**

**Prendre une marche des formes**



Donate



**Greater Good Magazine**  
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

LOG IN | REGISTER  
BECOME A MEMBER

☰ TOPICS QUIZZES VIDEOS PODCAST KEYS TO WELL-BEING 🔍



**EDUCATION** | Articles & More

# The Surprising Benefits of Teaching a Class Outside



A new study finds that a class in nature helps kids be more attentive and focused once they return indoors.

BY **JILL SUTTIE** | MAY 14, 2018

As any teacher knows, students need to be engaged with learning to absorb lessons in any meaningful way. Otherwise they can become distracted, disrupting everyone in the classroom and taking time away from instruction.

There are many ways to foster engagement, of course. But one may surprise you: holding classes outside. Findings from a **new study** show that learning outdoors is not





# OUTDOOR RECESS GAMES & ACTIVITIES

- Ball games and sports (dodgeball, basketball, soccer)
- Obstacle courses, relay games
- Follow the leader games (Simon Says, Follow the Leader)
- Chasing games (Tag, Marco-Polo, Duck-Duck-Goose, Mr. Wolf)
- Hiding games (Parachute, Hide-and-Seek, Sardines)



# OUTDOOR RECESS GAMES & ACTIVITIES

- Stop-and-Go games (Spud, Floor is Lava, Statue game, Freeze Dance, Red-Light Green-Light)
- Games with floor markings (marbles, Hopscotch, 4 Squares, Twister, Snakes & Ladders, Tic-Tac-Toe, compass relay, maze, activity circuits)
- Games with wall markings (target games, activity circuits)
- Team games (tug of war, capture the flag)





# OUTDOOR RECESS MATERIALS & EQUIPMENT

- Variety of ball types and sizes (bouncy ball, foam ball, tennis ball, basketball, soccer ball)
- Hoops
- Skipping ropes
- Sidewalk chalk
- Bubble making kit
- Ribbon wand
- Pool noodles
- Buckets and containers to play in the sand/mud/snow
- Magnifying glass





**EASY  
ACCESS TO  
SCHOOLYARD  
MATERIAL**





# WHAT ABOUT RISK-TAKING AND ROUGH-TUMBLING PLAY?





<https://globalnews.ca/news/4994206/children-are-calmer-more-focused-rough-play-at-recess-being-tested-in-some-quebec-schools/>

SUBSCRIBE

LIVE

AdChoices



World Canada Local Politics Money Health Entertainment Lifestyle Watch Perspectives



EDUCATION

## 'Children are calmer, more focused': Rough play at recess being tested in some Quebec schools

By Morgan Lowrie • The Canadian Press

Posted February 24, 2019 3:04 pm



# MUD KITCHEN & OTHER OUTDOOR EXPLORATION OPPORTUNITIES

**Are you open to trying it?**

