



## SOCIAL

*"Canadian researchers found that green school grounds enhanced learning, compared with conventional turf and asphalt school grounds; that the more varied green play spaces suited a wider array of students and promoted social inclusion, regardless of gender, race, class, or intellectual ability; and they were safer."*  
- Richard Louv, Last Child in the Woods, p. 220

### Playing in Nature

- Increases confidence
- Develops problem solving skills
- Results in social inclusion
- Increases creativity in make believe group play
- Provides positive social interactions for all children



## CURRICULAR BIG IDEAS

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living.
- **We shape the local environment, and the local environment shapes who we are and how we live.**
- Living things have features and behaviours that help them survive in their environment.
- **Observable patterns and cycles occur in the local sky and landscape.**
- Strong communities are the result of being connected to family and community and working together toward common goals.
- **Listening and speaking builds our understanding and helps us learn.**



## Benefits of Nature Play

*Nature School*

*Divisions 8 & 9*



*"Must we always teach our children with books? Let them look at the mountains and the stars up above. Let them look at the beauty of the waters and the trees and flowers on earth. They will then begin to think, and to think is the beginning of a real education" - David Polis*

## PHYSICAL

### Playing in Nature

- Increases activity levels
- Improves agility, coordination & balance
- Develops risk assessment abilities
- Lowers illness rates
- Reduces childhood obesity
- Heightens overall use of senses

***"Frolic timelessly in the wilderness – that the fire of curiosity may light every eye and that myth and play may merge with fact and science."***

- Young, Haas, McGown. Coyotes Guide to Connecting with Nature. 2010.



## EMOTIONAL

### Playing in Nature

- Reduces childhood anxiety, stress, and depression
- Provides therapy for sensory needs
- Increases attention span
- Improves self-regulation
- Provides children the opportunity to develop independence, excellent decision making skills, autonomy, and personal power

