

## WHY TO IMPLEMENT OUTDOOR EDUCATION?

Today we can say that children are suffering a nature deficit disorder. Outdoor education provides children the opportunity to explore nature using multiple senses and encourages them to be more active. Outdoor activities develop children skills to make decisions on their own and manage risks. Contact with nature increases significantly.

### Fun outdoor activities in preschool:

- Planting activities.
- Shadow activities.
- Crafts with natural materials.
- Drawing with mud and on snow.
- Cloud observation.
- Cooking on open fire.
- Math games with natural materials.
- Energizer and motor skills games.
- Games with water.



These materials are created during Erasmus+ project „Active learning outdoors - implementing Forest school approach“.



Co-funded by the  
Erasmus+ Programme  
of the European Union



## 10 STEPS TO FOLLOW BEFORE STARTING WITH OUTDOOR EDUCATION



## 10 STEPS TO FOLLOW....

1. Assess all risks in the yard or in the forest.
2. Find a place for the activity.
3. Proper clothes to be warm and dry.
4. Find or build a shelter for wet and windy weather.
5. Learn about outdoor methods like Forest school approach.
6. Cooperate with parents, teachers and schools in your country.
7. Prepare the materials needed in advance or collect them on the way.
8. Gather ideas and plan fun and engaging activities or just be spontaneous.
9. Be motivated and enjoy being outdoors.
10. GO OUTDOORS - IN EVERY WEATHER!



## OUTDOOR ENVIRONMENT:

- Resting area.
- Motor skills walls.
- Water play.
- Animals living in the yard.
- Mud kitchens and sand kitchens.
- Tents and shelters.
- Vegetable garden.
- Music walls.
- Sand boxes.



## MORE INFORMATION ABOUT OUTDOOR EDUCATION:

Facebook: @Active learning outdoors

Activity pages:

[https://drive.google.com/file/d/1ZSH0Y4Wmz2-PtOU\\_2xY-Xet4nzdf\\_OI/view?usp=share\\_link](https://drive.google.com/file/d/1ZSH0Y4Wmz2-PtOU_2xY-Xet4nzdf_OI/view?usp=share_link)

Energizer games:

[https://docs.google.com/document/d/1duCnfAEyL2NPNd\\_UfgUrBGalWPZvh\\_Bb/edit?usp=share\\_link&oid=103083499272773981135&rtpof=true&sd=true](https://docs.google.com/document/d/1duCnfAEyL2NPNd_UfgUrBGalWPZvh_Bb/edit?usp=share_link&oid=103083499272773981135&rtpof=true&sd=true)

Cook with children:

[https://docs.google.com/document/d/17elBvXido2kwwQIJS5C4t1EwjttP2ce/edit?usp=share\\_link&oid=103083499272773981135&rtpof=true&sd=true](https://docs.google.com/document/d/17elBvXido2kwwQIJS5C4t1EwjttP2ce/edit?usp=share_link&oid=103083499272773981135&rtpof=true&sd=true)

