

## Value of time spent outdoors

<https://www.bing.com/search?q=studies+supporting+value+of+time+outdoors&form=EDGSPH&mkt=en-us&httpsmsn=1&msnews=1&plvar=0&refig=c64f97103f0a445186d9b452bb507100&PC=ACTS&sp=-1&ghc=1&pg=studies+supporting+value+of+time+outdoors&sc=0-41&qsn=&sk=&cvid=c64f97103f0a445186d9b452bb507100>

### Outdoor Education – Research Summary

[https://www.uwsp.edu/cnr-ap/leaf/school-grounds/documents/outdoor\\_education\\_research...](https://www.uwsp.edu/cnr-ap/leaf/school-grounds/documents/outdoor_education_research...)

**Outdoor education** and play support emotional, behavioral and intellectual development. Studies have shown that students who learn outdoors develop: a sense of self, independence, confidence, creativity, decision -making and problem -solving skills, empathy towards others, ...

### Scientific benefits of spending time in nature - Business ...

<https://www.businessinsider.com/scientific-benefits-of-nature-outdoors-2016-4>

An Australian **study** that followed almost 2,000 schoolchildren for two years found that more **time** spent **outdoors** was associated with a lower prevalence of myopia among 12-year-olds.

### Why Kids Need to Spend Time in Nature | Child Mind Institute

<https://childmind.org/article/why-kids-need-to-spend-time-in-nature>

**Recent studies have exposed the benefit—even necessity—of spending time outdoors, both for kids and adults.** Some argue that it can be any outdoor environment. Some claim it has to be a “green” environment—one with trees and leaves. Others still have shown that just a picture of greenery can benefit mental health.

**Author:** Sal Pietro

[PDF]

### Children’s Time Outdoors: Results and Implications of the ...

[https://www.srs.fs.usda.gov/pubs/ja/2011/ja\\_2011\\_larson\\_001.pdf](https://www.srs.fs.usda.gov/pubs/ja/2011/ja_2011_larson_001.pdf)

Results Time Spent Outdoors. Data showed that, in general, most children were spending at least two hours of time outdoors daily during the week preceding the household interview (62.5 % of children. spent two or more hours outdoors on a weekday, **78.2%** on a weekend).

**Cited by:** 81

**Publish Year:** 2011

**Author:** Lincoln R. Larson, Gary T. Green, H.K. Cordell

## The importance of outdoor play for young children's ...

<https://www.sciencedirect.com/science/article/pii/S2444866416301234>

Other **studies** found evidences that **support different** models of interaction between adult and child during **outdoor** play, being more child-led, flexible and based on dialogue about children's discoveries and interests.4, 39, 40. The **role** of professionals and families in the provision of **outdoor play** ...

**Cited by:** 15

**Publish Year:** 2017

**Author:** Gabriela Bento, Gisela Dias

## What's Better: Indoor or Outdoor Play? | Psychology Today

<https://www.psychologytoday.com/.../201404/whats-better-indoor-or-outdoor-play>

National Outdoor Play Day is the first Saturday of each month. Basically, this means that not playing outdoors and with nature (e.g. hiking or camping) is really detrimental for kids. Researchers have even gone so far as to study whether how close parents are to nature affects their children. [PDF]

## The value of outdoor learning: evidence from research in ...

[www.univie.ac.at/freilandidaktik/literatur/Dillon\\_School Sc. Rev.\\_2006\\_The value of...](http://www.univie.ac.at/freilandidaktik/literatur/Dillon_School_Sc._Rev._2006_The_value_of...)

**outdoor education research**, especially on fieldwork (see, for example, Martin, Falk and Balling, 1981). A number of more recent **studies** have emphasised the importance of the location as a factor affecting students' outdoor learning. A recurring idea is that **outdoor** environments can place on **students** learning demands and emotional challenges, the impacts

Published in:

[The School science review](#) · 2006

Authors:

[Justin Dillon](#) · [Mark Rickinson](#) · [Kelly Teamey](#) · [Marian Morris](#) · [Mee Young Choi](#) · Da...

Affiliation:

[National Foundation For Educational Research](#) · [King S College London](#)

About:

[Secondary education](#) · [Research result](#) · [Basic skills](#) · [Teaching method](#)

## Stanford researchers find mental health prescription: Nature

<https://news.stanford.edu/2015/06/30/hiking-mental-health-06>

Jun 30, 2015 · Specifically, the study, published in Proceedings of the National Academy of Science, found that people who walked for 90 minutes in a natural ...

## What Is the Evidence to Support the Use of Therapeutic ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3372556>

May 22, 2012 · Attention deficits may be barriers to cognitive 60 and functional improvement following brain injury. 61 The benefit of therapeutic measures to improve alertness and sustained attention for post stroke patients has been reported. 62 Several studies support the **ART hypothesis as a component in attention restoration.**

**Cited by:** 76

**Publish Year:** 2012

**Author:** Mark B. Detweiler, Taral Sharma, Jonna G. Detweiler, Pamela F. Murphy, Sandra Lane, Jack Carman, Ama...

[PDF]

## Every Child Outdoors

[https://www.rspb.org.uk/Images/everychildoutdoors\\_tcm9-259689.pdf](https://www.rspb.org.uk/Images/everychildoutdoors_tcm9-259689.pdf)

ways that add value to their everyday experiences in the classroom” (Rickinson et al, 2004). Another study defines the outcomes of learning outdoors as “changes in thinking, feeling and/or behaviour resulting directly or indirectly from outdoor education” (Dillon et al, 2005). It identifies four specific types of impact: COGNITIVE IMPACTS – concerning

## More Time Outdoors May Reduce Kids' Risk of Nearsightedness

<https://www.aao.org/eye-health/tips-prevention/time-outdoors-reduces-nearsightedness>

Aug 28, 2014 · More Time Outdoors May Reduce Kids' Risk of Nearsightedness. A second study found that when schoolchildren were required to spend 80 minutes of recess time outdoors every day, fewer of them became nearsighted when compared to children who were not required to spend recess outdoors. Another study, with Danish children,...

## Spending time outdoors is good for you ... - Harvard Health

[https://www.health.harvard.edu/press\\_releases/spending-time-outdoors-is-good-for-you](https://www.health.harvard.edu/press_releases/spending-time-outdoors-is-good-for-you)

Spending time outdoors is good for you, from the Harvard Health Letter. Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks. Limited sun exposure (don't overdo it), supplemented with vitamin D pills if necessary, is a good regimen.

## Teaching Outside the Classroom | Center for Teaching ...

<https://cft.vanderbilt.edu/guides-sub-pages/teaching-outside-the-classroom>

Teaching Outside the Classroom. Print Version. by Lily Claiborne, John Morrell, Joe Bandy and Derek Bruff. Teaching and learning can become inherently spontaneous and student-centered when moved from the confines of the classroom into the world at large.

## Risky Play and Children's Safety: Balancing Priorities for ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3499858>

Aug 30, 2012 · There is evidence to support concerns that absence of opportunities for outdoor risky play will result in children disengaging from physical activity. One Canadian study documenting preschool children's use of play equipment in 16 childcare centres found that play equipment was used only 13% of the time and was used as intended only 3% of the time [ 73 ].  
[PDF]

## A Comparative Study of Outdoor Learning between the Early ...

<https://www.don.ac.uk/wp-content/uploads/2017/09/A-Comparative-Study-of-Outdoor...>

Page 1 of 45 A Comparative Study of Outdoor Learning between the Early Years Foundation Stage and Year 1. This research study considered teachers' opinions on the importance of outdoor learning and compares outdoor learning experiences from Reception to Year 1 in a sub-urban infant school.

## Supporting Physical Development: Outdoor Environments and ...

<https://www.virtuallabschool.org/preschool/physical-development/lesson-4>

The total time a preschooler spends outdoors each day should be at least 60 to 90 minutes. To get the most health benefits, preschool children do not need to be engaged in vigorous physical activities for the entire duration of outdoor time.  
[PDF]

## Every Child Outdoors

[https://www.rspb.org.uk/Images/everychildoutdoors\\_tcm9-259689.pdf](https://www.rspb.org.uk/Images/everychildoutdoors_tcm9-259689.pdf)

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## Values and benefits of outdoor education

[https://www.englishoutdoorcouncil.org/Values\\_and\\_benefits.htm](https://www.englishoutdoorcouncil.org/Values_and_benefits.htm)

**Outdoor education**, training and recreation promote active learning through direct personal experience and offer excitement, fun and adventure within a framework of safety. Active learning and adventure **outdoors** can take place in a variety of environments: rural and urban, local and more remote.

## Health Benefits of Nature | asla.org

<https://www.asla.org/healthbenefitsofnature.aspx>

**Health Benefits of Nature** The idea that spending **time** in nature can make you feel better is intuitive. We all feel this to be true, and many of us have anecdotes of our own or from friends or family that **support** that idea. People who have been suffering from stress, sickness, or a trauma can spend quiet contemplative **time** in gardens or taken to ...

## 10 Studies on the Importance of Art in Education ...

<https://www.onlinecolleges.net/10-salient-studies-on-the-arts-in-education>

As in 1997, the 2008 survey showed that only 47% of students had access to visual arts education, and just 57% to music education. The survey attempted to look at theater and dance programs, but since so few schools offer them, they were dropped from the study.

## The Crucial Role of Recess in School | American Academy of ...

<https://pediatrics.aappublications.org/content/131/1/183>

Recess is at the heart of a vigorous debate over the role of schools in promoting the optimal development of the whole child. A growing trend toward reallocating **time** in school to accentuate the more academic subjects has put this important facet of a child's school day at risk. Recess serves as a necessary break from the rigors of concentrated, academic challenges in the classroom.

## The Importance of Play in Promoting Healthy Child ...

<https://pediatrics.aappublications.org/content/119/1/182>

As a result, much of parent-child time is spent arranging special activities or transporting children between those activities. In addition to time, considerable family financial resources are being invested to ensure that the children have what are marketed as the "very best" opportunities. 33,34,47-49

## The Importance of Outdoor Play for ... - Community Playthings

[www.communityplaythings.com/resources/articles/2010/outdoor-play](http://www.communityplaythings.com/resources/articles/2010/outdoor-play)

Outdoor Play Advocacy. According to Sutterby and Frost (2002FD), too many educators, politicians, and parents believe outdoor play takes time away from academic activities. As a result recess and physical education in many schools is limited or totally eliminated.

[PDF]

## The Association Between School-Based Physical Activity ...

[https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf)

**time**, schools face increasing challenges in allocating **time** for physical education and physical activity during the school day. There is a growing body of research focused on **the association between school-based physical** activity, including physical education, and academic performance among school-aged youth. To better

## Is Recess Important for Kids or a Waste of Time? Here's ...

<https://time.com/4982061/recess-benefits-research-debate>

Oct 23, 2017 · Parents are fighting back as schools reduce recess to make more **time** for classes  
There's a running debate on whether recess at school is good for kids or a waste **of time**...

## Nature Therapy (Ecotherapy) Medical Benefits - WebMD

<https://www.webmd.com/balance/features/nature-therapy-ecotherapy>

**WebMD** discusses the health benefits nature offers and how doctors are now prescribing ecotherapy to patients with a variety of conditions -- or just for general wellness.

## Physical, Social, Emotional and Intellectual Benefits of ...

<https://www.livestrong.com/article/493323-physical-social-emotional-intellectual...>

Jun 19, 2019 · The advantages of outdoor activities are physical, mental and social. Outdoor recreation is a great way to reduce stress, sleep better and get stronger.

## The Crucial Role of Recess in School | American Academy of ...

<https://pediatrics.aappublications.org/content/131/1/183>

The Centers for Disease Control and Prevention defines recess as “regularly scheduled periods within the elementary school day for unstructured physical activity and play.”<sup>1</sup> The literature examining the global benefits of recess for a child’s cognitive, emotional, physical, and social well-being has recently been reviewed.<sup>2</sup> Yet, recent surveys and studies have indicated a trend toward reducing recess to ...

## Time to Play | American Federation of Teachers

[https://www.aft.org/ae/spring2017/ramstetter\\_and\\_murray](https://www.aft.org/ae/spring2017/ramstetter_and_murray)

As the AAP makes clear, **outdoor** play “can serve as a counterbalance to sedentary **time** and contribute to the recommended 60 minutes of moderate to vigorous activity per day.”<sup>2</sup> An effective recess is one where children demonstrate their ability to stay within the boundaries of their play space, negotiate conflict with each other, and then ...

## Improving Health and Wellness through Access to Nature

<https://www.apha.org/policies-and-advocacy/public...>

Although physical activity promotes health whether people engage in it indoors or outdoors, a number of studies connect “green exercise” outdoors in nature with greater feelings of enjoyment, energy, vitality, restoration, and self-esteem.

## England’s largest outdoor learning project reveals ...

<https://www.gov.uk/government/news/englands-largest-outdoor-learning-project-reveals...>

Jul 14, 2016 · For the first time, the Natural Connections project provides strong evidence that learning outdoors has multiple benefits for school children. 92 per cent of teachers surveyed said that pupils were more engaged with learning when outdoors and 85 per cent saw a positive impact on their behaviour.

## Children's Outdoor Play & Learning Environments: Returning ...

<https://www.whitehutchinson.com/children/articles/outdoor.shtml>

Children's outdoor play is different from time spent indoors. The sensory experiences are different, and different standards of play apply. Activities which may be frowned on indoors can be safely tolerated outdoors. Children have greater freedom not only to run and shout, but also to interact with and manipulate the environment.

[PDF]

## The Health and Social Benefits of Recreation

[https://www.parks.ca.gov/pages/795/files/health\\_benefits\\_081505.pdf](https://www.parks.ca.gov/pages/795/files/health_benefits_081505.pdf)

Social benefits, such as promoting stewardship and reducing crime, are well studied. Numerous studies support the link between participation in outdoor recreation and increased concern for the environment. Survey opinions and crime statistics also support the link ...

## Nature deficit disorder - Wikipedia

[https://en.wikipedia.org/wiki/Nature\\_deficit\\_disorder](https://en.wikipedia.org/wiki/Nature_deficit_disorder)

**Nature-deficit disorder** is the idea that human beings, especially children, are spending less **time outdoors**, and the belief that this change results in a wide range of behavioral problems. This disorder is not recognized in any of the medical manuals for mental disorders, such as the ICD-10 or the DSM-5. Evidence was compiled and reviewed in 2009.

## Outdoor learning 'boosts children's development' - BBC News

<https://www.bbc.com/news/science-environment-36795912>

Jul 15, 2016 · Outdoor learning can have a positive impact on children's development but it needs to be formally adopted, a report suggests. Childhoods were dramatically changing, with fewer opportunities to ...

[PDF]

## A world without play

[www.playengland.org.uk/media/371031/a-world-without-play-literature-review-2012.pdf](http://www.playengland.org.uk/media/371031/a-world-without-play-literature-review-2012.pdf)

**outdoors** can have damaging implications for children's health and happiness. Drawing on a wide range of evidence, the review indicates the potential consequences of 'a world without play'; that is, a world where play is placed at the bottom of adult agendas and the **value** of ...  
[PDF]

## Impact of Extracurricular Activities on Students by Nikki ...

[www2.uwstout.edu/content/lib/thesis/2009/2009wilsonn.pdf](http://www2.uwstout.edu/content/lib/thesis/2009/2009wilsonn.pdf)

Out-of-school (OTS) **time** can be critical for the development of competencies that will carry into adulthood (Little 2005). Yet, if students do not participate, they may not reap the benefits that extracurricular activities or out-of-school programs offer. The **study** by Gardner, Roth, and Brooks-Gunn (2008) also indicated that it is important to

## Science in Early Childhood Classrooms: Content and Process

[ecrp.illinois.edu/beyond/seed/worth.html](http://ecrp.illinois.edu/beyond/seed/worth.html)

**Science** also needs to be talked about and documented. This, too, takes **time**. **Science** needs space. If children are to engage with phenomena in many different ways, activity may need to be spread out in the classroom and **outdoors**. Building structures may happen ...

## Children Who Play Outdoors Are More Likely To ... - Forbes

<https://www.forbes.com/sites/trevornace/2017/08/21/children-play-outdoors-more-likely...>

Aug 21, 2017 · Children Who Play Outdoors Are More Likely To Protect Nature As Adults. The study found that 87 percent of those surveyed who played outside when they were young still held a love of nature into adulthood. In addition, 84 percent of those young adults said taking care of the natural environment is a priority to them.

## Why Your Brain Needs More Downtime - Scientific American

<https://www.scientificamerican.com/article/mental-downtime>

Oct 15, 2013 · An equally restorative and likely far more manageable solution to mental fatigue is spending more time outdoors—in the evenings, on the weekends and even during lunch breaks by ...

## Advocacy - Outdoor Industry Association

<https://outdoorindustry.org/advocacy>

NEW DATA: Trade War Has Already Cost America's Outdoor Industry Over \$1.1 Billion and Added Tariffs Will Cost \$1.5 Billion Every Month Read More Testimony of Richard W. Harper, Jr., Manager of International Trade, Outdoor Industry Association on \$300 billion Annex to Section 301

## Homework: Is It Good for Kids? Here's What the ... - time.com

<https://time.com/4466390/homework-debate-research>

Aug 30, 2016 · High school seniors should complete about two hours of homework each night. The National PTA and the National Education Association both support that guideline.  
[PDF]

## The importance of play - University of Cambridge

[www.csap.cam.ac.uk/media/uploads/files/1/david-whitebread---importance-of-play-report.pdf](http://www.csap.cam.ac.uk/media/uploads/files/1/david-whitebread---importance-of-play-report.pdf)

achievements would be possible. The value of play is increasingly recognised, by researchers and within the policy arena, for adults as well as children, as the evidence mounts of its relationship with intellectual achievement and emotional well-being. This report, however, focuses on the value of children's play.

## Science in Early Childhood Classrooms: Content and Process

[ecrp.illinois.edu/beyond/seed/worth.html](http://ecrp.illinois.edu/beyond/seed/worth.html)

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## A Guide to Outdoor Careers: Job Options, Salaries, & Resources

<https://www.learnhowtobecome.org/career-resource-center/outdoor-careers>

Introduction. Increasingly, people are opting for professions that allow them to take advantage of nature and build careers in outdoor pursuits. Whether you dream of being a ski instructor or an archaeologist, surveyor or marine biologist, chances are there is an outdoor career matching your aspirations.

## Outdoor Learning Research

<https://www.outdoor-learning-research.org>

**Outdoor Learning Research** Experiencing the natural world and gaining skills, knowledge and understanding helps people to learn about themselves, each other and connect with the environment. This site is dedicated to research showing the academic, personal, social, career, wellbeing, mental health and environmental care benefits of **outdoor** ...  
[PDF]

## Outdoor Classroom report - University of Bath

[www.bath.ac.uk/cree/resources/OCR.pdf](http://www.bath.ac.uk/cree/resources/OCR.pdf)

More specifically, it focused on the processes and impacts and the planning and evaluation of outdoor learning. These issues were explored in three outdoor learning contexts: (i) school grounds and gardens; (ii) farms and city farms; and (iii) field study/nature centres.

[PDF]

## Benefits of multisensory learning - Faculty Support Site

[faculty.ucr.edu/~aseitz/pubs/Shams\\_Seitz08.pdf](http://faculty.ucr.edu/~aseitz/pubs/Shams_Seitz08.pdf)

Multisensory plasticity in development Both animal and human studies of the early stages of life show that, during early development, an alteration to the environment or a disruption of processing to one sense, can result in a striking degree of neural plasticity between the senses [10,11,22–25].

Published in:

[Trends in Cognitive Sciences](#) · 2008

Authors:

[Ladan Shams](#) · [Aaron R Seitz](#)

Affiliation:

[University of California Los Angeles](#) · [University of California Riverside](#)

About:

[Central nervous system](#) · [Cognition](#) · [Perception](#)

## BBC - Earth - How nature is good for our health and happiness

[www.bbc.com/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness](http://www.bbc.com/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness)

Apr 20, 2016 · We all intrinsically think that nature must be good for our health and happiness. A recent analysis of a large-scale nature challenge scientifically shows how important feeling part of nature is ...

[PDF]

## Free play in early childhood - Play England

[playengland.org.uk/media/120426/free-play-in-early-childhood.pdf](http://playengland.org.uk/media/120426/free-play-in-early-childhood.pdf)

This literature review, focusing on **free play in early childhood** (from birth to 7 years old), was commissioned by Play England, and the work was carried out between May and July 2006. Its aim is to provide information about the **value of free play in early childhood**. Free play is ...

[PDF]

## Helping children value and appreciate nature

[www.ea.gr/ep/organic/academic\\_biblio/for\\_teachers\\_why\\_gardening/Helping Children Value...](http://www.ea.gr/ep/organic/academic_biblio/for_teachers_why_gardening/Helping_Children_Value...)

**time** to encourage and nurture early interests in nature. By incorporating nature education ... identified five areas that **support** the **value** of nature education in the development of young children: 1. Nature education provides an ... provides an appropriate guide to the **study** of nature. This idea places children at the center of their learning ...

Published in:

[Early Childhood Education Journal](#) · 1994

Authors:

[Janis R Bullock](#)

About:

[Child development](#) · [Outdoor education](#) · [Natural science](#) · [Environmental education](#)

## Healing environment: A review of the impact of physical ...

<https://www.sciencedirect.com/science/article/pii/S0360132312001758>

The **study** showed that first-**time** visitors performed significantly better on objective measures of cognitive mapping than nurses with two years of experience working at the hospital. In addition to a complex floor plan, there are other elements that contribute to poor wayfinding and inadequate or conflicting cues such as colours and lighting [79] .

## Why Nature Is Therapeutic | CRC Health Group

[www.crchealth.com/find-a-treatment-center/struggling-youth-programs/help/nature-is...](http://www.crchealth.com/find-a-treatment-center/struggling-youth-programs/help/nature-is...)

More than 100 research studies have shown that outdoor recreation reduces stress. In a study of individuals exposed to stressful videos of accidents, those who watched a subsequent nature video experienced faster recovery than those who watched a video with other content.<sup>1</sup> Another study established that a view of nature, even through a window, speeds recovery from surgery, improves ...

## Scientists Say Child's Play Helps Build A Better Brain - NPR

<https://www.npr.org/.../06/336361277/scientists-say-childs-play-helps-build-a-better-brain>

Aug 06, 2014 · For a long time, researchers thought this sort of rough-and-tumble play might be a way for young animals to develop skills like hunting or fighting. But studies in the past decade or so suggest ...

## Articles for Families on Play | NAEYC

<https://www.naeyc.org/our-work/families/play>

Learn about our work with governments and NGOs around the world to **support** young children and their teachers. Resources Increase your understanding of young children's learning and development through our extensive selection of research-based books, articles, and journals (Teaching Young Children and Young Children).  
[PDF]

## Natural Childhood Report

<https://nt.global.ssl.fastly.net/documents/read-our-natural-childhood-report.pdf>

the real world. Why would they ever need to venture outdoors again? Statistics confirm the widespread perception that our nation's children have a largely screen-based lifestyle: – On average, Britain's children watch more than 17 hours of television a week: that's almost two-and-a-half hours per day, every single day of the year.

## How can outdoor learning boost pupil development and ...

<https://www.theguardian.com/teacher-network/2016/apr/29/how-outdoor-learning-boost...>

Apr 29, 2016 · Live chat. A recent study found that three-quarters of UK children spend less time outside than prison inmates. This doesn't just have a damaging impact on young people's health – outdoor play increases fitness levels and raises levels of vitamin D, for example – there are also consequences for children's educational development and wellbeing.

## Time Management Group Activities - Study.com

<https://study.com/academy/lesson/time-management-group-activities.html>

Time Management Activity #1. For our first activity, prepare by cutting out pieces of a large photo of whatever you like, such as a building, an animal or even scenery, then place the cutout pieces into plastic bags. Next, split the large group into small groups of four to five. Give each group a cut-out picture.

## PLAY IN CHILDREN'S DEVELOPMENT, HEALTH AND WELL-BEING

[ornes.nl/wp-content/uploads/2010/08/Play-in-children-s-development-health-and-well...](https://www.ornes.nl/wp-content/uploads/2010/08/Play-in-children-s-development-health-and-well...)

and planning for the future. In one study, two hours a day of play with objects produced changes in the brain weight and efficiency of experimental animals (Panksepp 2003, Rosenzweig 1976). Play has immediate benefits, such as cardiovascular fitness, and long-term benefits, including a sense of morality. An article in the American Psychological

## The benefits of outdoor play for children | NCT

<https://www.nct.org.uk/baby-toddler/games-and-play/benefits-outdoor-play-for-children>

Definitely worth a walk or play **outdoors** to help your baby sleep better. 2. **Outdoor** play is a fun way to learn. Getting **outdoors** to play is a brilliant sensory experience for babies and toddlers. There is so much for them to see, explore and learn. The changing nature of the **outdoors** makes it an incredibly stimulating and multi-sensory place to ...

## Health Benefits of Nature | Health.com

<https://www.health.com/mind-body/health-benefits-of-nature>

Sep 29, 2014 · ...But you can also fake it. Of course, we can't always find the time to spend hours lounging in the grass. Luckily, you can still reap some brain-boosting benefits without leaving your house. According to a study in the Korean Journal of Radiology, people who were shown pictures of scenic, natural landscapes had heightened activity in areas...

## The Outdoor Classroom | Outdoor Classroom Project

<https://outdoorclassroomproject.org/about/the-outdoor-classroom>

Characteristics of the Outdoor Classroom. Most activities that can be done indoors can be done outdoors. Some activities occur best outdoors; some can only occur outdoors. Children spend substantial periods of time outside, and it is easy and safe for them to get there; they are free to move easily between the indoors and outdoors.

## Outdoor risky play for all | Outdoor learning in the early ...

<https://earlyyearsoutdooreducation.wordpress.com/outdoor-risky-play-for-all>

Risky play is a natural part of children's play, and children often seek out opportunities for engaging in challenging and so called risky play. Risky play can be defined as a thrilling and exciting activity that involves a risk of physical injury, and play that provides opportunities for challenge, testing limits, exploring boundaries and learning...

## How Walking in Nature Changes the Brain - The New York Times

<https://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain>

Jul 22, 2015 · In an earlier study published last month, he and his colleagues found that volunteers who walked briefly through a lush, green portion of the Stanford campus were more attentive and happier afterward than volunteers who strolled for the same amount of time near heavy traffic. But that study did not examine the neurological mechanisms that might underlie the effects of being outside in nature.

[PDF]

## TRANSFORMING OUTDOOR LEARNING IN SCHOOLS

[https://www.plymouth.ac.uk/.../7/7634/Transforming\\_Outdoor\\_Learning\\_in\\_Schools\\_SCN.pdf](https://www.plymouth.ac.uk/.../7/7634/Transforming_Outdoor_Learning_in_Schools_SCN.pdf)

Outdoor learning was reported as supporting features of character education. In particular, Confidence and self-esteem. Case-study participants emphasised the value of confidence in successful learning, commenting that outdoor learning often led children to have greater confidence in their own

[PDF]

## Place-based outdoor learning and environmental ...

[jshedimensions.org/wordpress/content/place-based-outdoor-learning-and-environmental...](https://www.jshedimensions.org/wordpress/content/place-based-outdoor-learning-and-environmental...)

This paper explores how an Australian case **study** utilises place-based **outdoor** learning and environmental sustainability within the school curriculum. ... there is overwhelming evidence to **support** the introduction of **outdoor** environmental education within the Primary years of schooling. ... purport that the lack of **time** spent in the **outdoors** can ...

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## SAGE Books - Outdoor Provision in the Early Years

<https://sk.sagepub.com/books/outdoor-provision-in-the-early-years>

Previously playing a key role in developing Learning through Landscapes' philosophy and **support** for the early years sector and associate consultant with Early Excellence, she is currently Mentor to Sandfield Natural Play Centre, where she is **supporting** innovative **outdoor** provision and practice.

## Recess Is as Important as Class Time, Pediatricians Say ...

[healthland.time.com/2012/12/31/yay-for-recess-pediatricians-say-its-as-important-as...](http://healthland.time.com/2012/12/31/yay-for-recess-pediatricians-say-its-as-important-as...)

Dec 31, 2012 · Playtime can be as important as class **time** for helping students perform their best. Recess is most children's favorite period, and parents and teachers should encourage that trend, according to the American Academy of Pediatrics (AAP). Recess can be a critical **time** ...

## The benefits of outdoor play for children | NCT

<https://www.nct.org.uk/baby-toddler/games-and-play/benefits-outdoor-play-for-children>

Here are seven benefits of outdoor play: 1. Help your baby sleep better at night. Research shows that babies sleep better at night if they've had some fresh air and sunshine during the day (Harrison, 2004). Definitely worth a walk or play outdoors to help your baby sleep better. 2. Outdoor play is a ...

## 'Nature Is a Powerful Teacher': The Educational Value of ...

<https://www.theatlantic.com/education/archive/2013/10/nature-is-a-powerful-teacher-the...>

Oct 31, 2013 · 'Nature Is a Powerful Teacher': The Educational Value of Going Outside At more than 80 Boston public schools, teachers are moving the classroom outdoors. Julia Ryan

## How Picking Up a New Hobby Relieves Stress

<https://www.verywellmind.com/the-importance-of-hobbies-for-stress-relief-3144574>

Sep 30, 2019 · One study found that those who engage in physical leisure activities for at least 20 minutes once a week are less susceptible to fatigue. Other research found that enjoyable activities performed during leisure time were associated with lower blood pressure, total cortisol, waist circumference, and body mass index, and perceptions of better physical function.

## Is It Better to Exercise Inside or Outside? - Greatist

<https://greatist.com/fitness/working-out-indoors-versus-outdoors>

Jul 01, 2015 · Getting Outdoors. Participants reported feelings of revitalization, decreased anger, and increased energy. Another study found that the outdoors have an overall positive effect on vitality, or your sense of enthusiasm, aliveness, and energy. Finally, simply spending more time outside has been shown to prevent increases in obesity among children.

## Physical, Social, Emotional & Intellectual Benefits of ...

<https://healthyliving.azcentral.com/physical-social-emotional-intellectual-benefits...>

A 2009 study in the "Journal of Park and Recreation Administration" found a correlation between access to outdoor recreational spaces and overweight, obesity and adults' physical activity levels. Specifically, less-active and more overweight adults spent less time participating in non-motorized physical activities in recreational areas.

## Field Trips: Educational Value, Benefits, and Disadvantages

<https://www.essay-on-time.com/blog/field-trips.html>

The Undeniable Educational Value of Field Trips Although there are some disadvantages to field trips, they are few when compared to the benefits and great educational value of this teaching method. With proper management and detailed planning, the field trip can be turned into a memorable experience for both students and teachers.

## How Nature Can Make You Kinder, Happier, and More Creative

[https://greatergood.berkeley.edu/article/item/how\\_nature\\_makes\\_you\\_kinder\\_happier\\_more...](https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more...)

He is currently repeating his earlier 2012 study with a new group of hikers and recording their EEG activity and salivary cortisol levels before, during, and after a three-day hike. Early analyses of EEG readings support the theory that hiking in nature seems to rest people's attention networks and to engage their default networks.

## SAGE Books - Outdoor Provision in the Early Years

<https://sk.sagepub.com/books/outdoor-provision-in-the-early-years>

She is also an independent consultant delivering training and providing support particularly in the fields of early years, outdoor learning, Forest School and personalised learning. She has now worked in education for 35 years as a teacher, an adviser and a head teacher.

## Are You In or Are You Out? - The Benefits of Indoor vs ...

<https://voiceofplay.org/blog/benefits-indoor-vs-outdoor-play>

Kids who play outdoors more often may focus better than kids who don't get much time outside. Provides Vitamin D— Kids aren't getting enough Vitamin D , an essential vitamin, just by drinking milk.

## Walking: Your steps to health - Harvard Health

<https://www.health.harvard.edu/staying-healthy/walking-your-steps-to-health>

Hundreds of medical **studies** show that regular exercise is good for health — very good, in fact. But many of these **studies** lump various forms of exercise together to investigate how the total amount of physical activity influences health. It's important research, but it doesn't necessarily prove that walking, in and of itself, is beneficial.

## How Does Nature Impact Our Wellbeing? | Taking Charge of ...

<https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>

Nature restores. One of the most intriguing areas of current research is the impact of nature on general wellbeing. In one **study** in Mind, 95% of those interviewed said their mood improved after spending **time** outside, changing from depressed, stressed, and anxious to more calm and balanced. Other **studies** by Ulrich, Kim, and Cervinka show that **time** in nature or scenes of nature are associated ...

## Importance of Educational Trips, Benefits to Students ...

[www.educationaltourism.org/why-us.html](http://www.educationaltourism.org/why-us.html)

Memories of school Educational trips are among the most prominent of the formative years, largely because they are a welcome break in the routine for both students and teachers. While their purpose is essentially to educate, they can also be a fun bonding experience for everyone involved.