



Introduction to Outdoor Education (OE)

Forced Connections

How was for you the Outdoor Experience at Naturalmente Bambini?



Write in **red cards** the name of 3 elements of natural/animal world that you spotted or that we talked about.

Pick **2 red cards**.

Find a connection between the **outdoor experience** and the **random words** chosen, then write down a new metaphor using the following construction:

The outdoor experience was like [Random word] because...

Explain one of their metaphors to the full group.

“OE is experiential learning in, for, or about the outdoors”

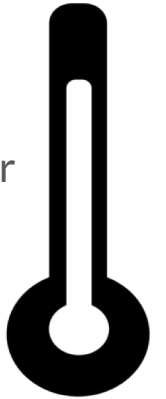
- 'In' → outdoor education can occur in any outdoor setting . **All locations are conducive to first-hand experiences**, to direct contact with the topic, and to participant interaction and socialization.
- 'About' → **the topic is the outdoors itself** and the cultural aspects related to the natural environment. In the broadest terms, the topic is the interrelationship of the human being and the natural resources upon which societies depend, with the goal of stewardship in mind.
- 'For' → the purpose of outdoor education is related to implementing the cognitive, psycho-motor, and affective domains of learning **for the sake of the ecosystem itself**. It means understanding, using, and appreciating the natural resources for their perpetuation.



How's your Outdoormeter?

Outdoormeter - How many outdoor activities do you organize every year? How many different outdoor activities do you organize and how confident are you with them?

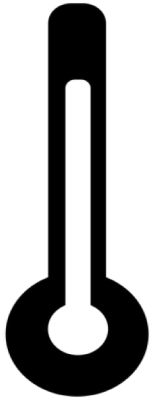
In couple evaluate your "Outdoormeter" from 0 (no experience) to 5 (using outdoor every week)





How's your Outdoormeter?

If your Outdoormeter is not on zero, think about a method/activity that you've organized to share with the group.





Why should we start using OE?

- Think about these 4 areas
- For each of them, write your opinion on
“How Outdoor Education can be beneficial in this specific area?”

PSYCHO-PHYSICAL WELLBEING	LEARNING, SENSORY DEVELOPMENT, COGNITIVE AND EMOTIONAL MATURATION
INTERACTION AND SOCIALIZATION	CONTACT AND LINK WITH THE COSMOS / WORLD



PSYCHO-PHYSICAL WELLBEING - Your answers

- Outdoor education develops harmony and resistant body and a smart mind through the activities (climbing, running, games with rope, planting garden with vegetables)
- Through different movements (walking, running, climbing, jumping, crawling) children develop muscles
- OE develops completely the child, physically emotionally and cognitively
- General and fine motility, strengthens cognitive processes (thinking, memory, attention, imagination). All movement is positive for physical growth.
- They get used to every atmospheric conditions



LEARNING, SENSORY DEVELOPMENT, COGNITIVE AND EMOTIONAL MATURATION – Your answers

- The children use and develop all senses very well working with natural materials. They don't learn by transmitting knowledge but they learn by doing, through contact with nature (taking care of animals, plants and themselves).
- Living in the nature develops their empathy.
- Accumulation of rich sensory experience with nature, increased ability to create logical connection
- Learning through games, learning by doing
- Personal experience is good for learning. The kids control the learning process. Enrichment of expressive and impressive dictionary
- Games with physical movement benefit the emotional balance. Kids learn to have patience.



INTERACTION AND SOCIALIZATION- Your answers

- Through the activities kids interact with each other. They follow rules created together more easily
- Joint games, working in groups, positive communication, tolerant attitude
- Children define the rules and thus become more responsible. They are free in choosing the activities
- Development of curiosity, courage to socialize
- Kids are motivated to try something new



CONTACT AND LINK WITH THE COSMOS / WORLD – Your answers

- Children are in constant contact with the world around. They can understand more easily the relation cause-effect.
- Perception and comprehension of natural laws. More awareness of your place in ecological education, in the natural environment.
- Children in direct contact with the nature observe the weather (rain, snow, sun). They learn rules for safe behaviour.
- Happy and joyful contact with the nature.
- The kid has a sensitive contact with the nature, providing the best link with the world. They learn to respect the nature and protect it.