

Benefit outside

Already in the 18th century, French philosopher Jean Jacques Rousseau wrote the lines above. Exercising educational activities in the outdoor environment is a way of working that is based on the knowledge that in the outside environment our senses engage in sight, smell, taste, hearing, feeling and this is something that reinforces learning. The fact that all the senses can be brought together gives strong memories and lasting knowledge, something that includes Peter Gärdenfors, Professor of Cognitive Psychology Lund, has demonstrated. Learning outdoors makes theory and practice come together: through experiences and practical activities, students can transform their knowledge in a fun filled way.

It is thus in the actual encounter and experience in the authentic environment that constitutes the learning situation. Here it may be good to point out that living in outdoor environments should be regarded as natural elements of learning and as a complement to teaching in the interior. With greenery, birdwatches, light and wind around us, the parasympathetic nervous system is activated which gives us peace (eg Erik Skärbäck, landscape architect, professor, SLU).

Before starting to create the special and adapted environments for children who dominate today at schools and preschools, children were living in environments that invited the spontaneous vital game. Research conducted in the field has led us to have different opportunities today to help children / students find back to the more natural environment that is such an important resource for health, well-being and learning. Children prefer natural environments - bushes, forests, stone ponds - than to established environments

The vital outdoor event - with research as support

Staying outdoors in a natural environment is life-threatening for our recovery and our well-being is today a well-known fact. Garden therapy and various forms of exercise on prescription are widely used as medical treatments. Even for the healthy individual, stay outdoors in nature / natural environment plays a major part in preventing ill health. In addition to daylight and fresh air, there is much in nature that makes us healthier and less stressed. There is a requirement in nature that causes the hormone oxytocin to be secreted, which increases our well-being while reducing the levels of stress hormone. Environmental psychologists Rachel and Stephen Kaplan have shown this in the styling work *With People in Mind* (1998).

Participation - taking part in the design of outdoor environments, being involved in sowing and harvesting, and cultivating crops - is something that increases oxytocin content.

Studies at Karolinska Institutet have shown that the blood is purified from substances that are harmful to the brain when we activate our muscles through motion. Moving on thus leads to the blood being purified. In the outdoor classroom this health-promoting movement is achieved in a natural way.

Movement and creativity

Within the interdisciplinary subject of neuropathy, studying the brain's resources and how these are used in the child's development and education, we mean that we need to focus more

on the inner processes of the brain, where fantasy, the free play and the chaos have space, rather than focusing on the outer order . (See Jill Bolte Taylor, Brain Researcher, Harvard Medical School)

The brain and movement

By moving, you get better memory, you become more creative and can concentrate better. It is equally important for both children and adults to move. Studies have shown that after four minutes of movement, better concentration is obtained. A study of reading comprehension showed the children a significant improvement in performance after 12 minutes of movement. In the book "Brain" from 2016, psychiatrist Anders Hansen presents research showing that touching has enormous effects on the brain.

Hansen stresses the importance of establishing good exercise habits at an early stage so that the habit remains the way through. He also emphasizes the importance of moving around. The effect of moving children goes beyond getting better at school and increasing their executive control, they are also less sensitive to stress. Everything points in the same direction, we become smarter and feel better if we move on. "Hjälstark" (A Hansen, 2016)

. In his book "Neuroplasticity Education: A School for the Whole Mind" (Wahlström & Widstrand, 1995), Matti Bergström, a brain researcher at the University of Helsinki, writes.

"Play and creativity show the same characteristics: Both in-chaos in order, both create unforeseeable ideas, both destroy and bring disasters, both develop by opening closed systems, both are out of reach of logic, both are extinguished by an excess of systematic pressure , Both have a high price: planned programs do not hold. Yes, creativity is fun! The word play is used for children and the word creativity is used for adults. "

The environment in cultivating the education's educational package is also based on Patrik Grahn's research on therapist gardens and human needs and demands for his physical and social environment, where eight park characters in the landscape have been found that provide a varied experience that allows for recreation: tranquility, wildness

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