

# Nursery

# 'The Great Outdoors'

# Workshop



Thank you for coming along to our workshop where we will be exploring the great outdoors. We hope you will have lots of fun and learn some new ways to support your child's learning outside your home.

This leaflet has lots of different ideas that will build on what you have seen today. If you have any further questions or need any more support please ask a member of the Nursery team.



The outdoor environment is a rich, dynamic and natural space for learning and development in children of all ages. Finding out about the world around them is what children do very effectively when they investigate by touching, holding or pressing things and by climbing on and jumping off things. Outdoor environments offer children freedom to explore, use their senses, and be physically active and energetic.

The Early Years Foundation Stage Curriculum emphasises being outdoors has a positive impact on children's sense of well-being and helps all aspects of children's development. It also offers opportunities for doing things in different ways and on different scales than when indoors. Being outside whatever the weather gives children first-hand contact with varying weather, seasons and the natural world.



Outside has a higher concentration of oxygen in the air (25% more than indoors even with all windows and doors open). Oxygen is vital for all cells to respire in the body, but particularly for brain function to help the process of learning. Encouraging children to be active outdoors is vital for their health and wellbeing.

When outdoors, children have the freedom to explore and develop their physical boundaries, to take risks and to discover the real world with all their senses. This can have huge positive effects on a child's self-esteem and confidence. Outside can be liberating; children have room to be active, noisy, messy and work on a large scale.

So get your coat on and have fun outside!

Here are some ways in which you can support your child when you're outside either in the garden or 'out and about':

- Make collections of interesting objects (e.g. twigs, leaves etc) and encourage your child to sort them into different groups (e.g. by colour or size).



- Plant flowers and vegetables and watch them grow!



- Look for numbers in the environment e.g. door numbers, numbers on a bus.
- Look for bugs! Lift up rocks and see what is underneath; then ask your child how many legs do they have? What can you see? Why do you think it lives there?



- Use big chalks on the floor. Ask your child to draw pictures, shapes, write numbers or sounds.



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- Use the WALTs and WILFs from today's workshop to help you too.