A young boy in a blue t-shirt and dark pants is balancing on a large, light-colored log lying on the ground in a forest. He has his arms outstretched to the sides. In the background, a young girl in a patterned shirt and blue pants is standing on the log, looking towards the camera. The forest floor is covered in dry leaves and grass, and there are many trees in the background.

Holding Class Outside

Preschool

**Hailey Hatzis, Maddy Hicks, Devin Hannan, Joanna Daniel,
Jamie Jacob, Megan Wagner**

Benefits of Holding Class Outside

Outdoor education in early childhood promotes mental health

- Nature can be a stress reliever
- It helps with children's attention span
- Breathing fresh air is good for the immune system
- It builds the child's confidence in their physical abilities

Outdoor play learning in early childhood increases physical health through active lifestyles

- Children are able to run, jump, climb without walls and furniture in the way
- They are able to get "true exercise" and reduce risk of health problems
- The children can work on their large motor skills

Learning outdoors provides more opportunities for imaginative play and creative thinking

- Materials we find in nature can provide a lot of stimuli for imagination
- There are endless open-ended learning opportunities
- Children are their own fun with what they find

By: Megan Wagner

Educational topics can be taught outside just as well as they can inside, if not better

- Nature is full of instructional instruments
- You can find all colors and shapes in nature
- Having class outside leads to many teachable moments



LINKS:

[Benefits of outdoor learning](#)

[Teaching class outside](#)

[8 Proven Benefits of Outdoor Learning For School Children](#)

Strategies for Holding Class Outside

By: Madison Hicks

1. Set some outside norms / ground rules

- Let's walk together
- Let's stay together
- We'll focus on learning
- We'll take care of our tools
- We'll explore nature

4. Be flexible

- Teachable moments
- Plan for various weather
- Optimize the environment
- Anticipate distractions

2. Define the learning

- Children should understand the learning outcomes
- Ex: "I can draw the parts of a plant"

5. Think about a clothing box

- You can collect clothes for those who may need them for outside
- Boots
- Hats
- Gloves
- Big shirts

Additional / further resources:

3. Maximize learning and focus

- Active activities: short to catch attention
- Observation and direct experiences: engage with nature on a meaningful level
- Reflection: regroup and share thinking and inspiration with others

6. Planning

- Guided activities
- Free natural exploration
- Find shade
- Scope the area for anything dangerous
- Have a schedule

By: Devin Hannan

OUTSIDE YOUR WINDOW

A FIRST BOOK OF NATURE

WRITTEN BY NICOLA DAVIES

& ILLUSTRATED BY MARK HEARLD



Math Game (Jamie Jacob)

Frog Jump!

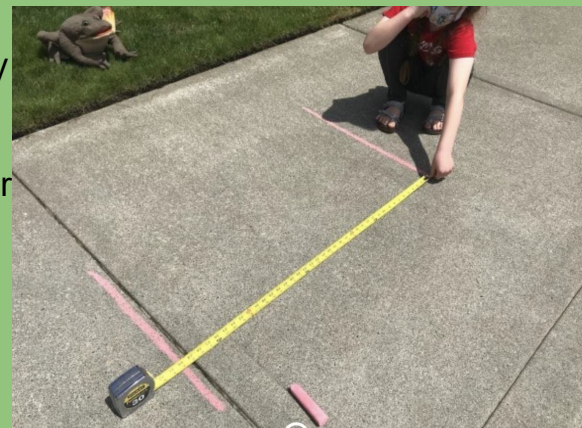
Materials Needed:

- Measuring Tape
- Chalk

Instructions:

1. Have students stand on a line outside, and have them jump as far as they can.
2. Have the children mark where they land with the chalk.
3. Once the line is marked, using measuring tape, have the students measure how far they have jumped!
4. Have the students compare the different lengths jumped with each other.

PA Standard: 2.4 PK.MP Use mathematical process when measuring; representing, organizing, and understanding data.



Literacy Game (Hailey Hatzis)

- Materials needed
 - Circle wooden tree pieces
 - Children ready to have fun
- Instructions
 - Put the letters A-Z on the wooden circles
 - Place the wooden circle all around in a large space
 - Tell children to hop, skip, jump, run or etc. to a letter
 - Ask children what sound that letter makes

PA Learning Standard: 1.1 PK.D-
Develop beginning phonics and word
skills



Puppet (Joanna Daniel)

1. Take a popsicle stick and glue it to the back of a long leaf
1. Cut out light and dark colored construction paper, creating the light circle bigger than the darker one & glue them on (googly eyes are an option as well)
1. Hot glue pom-poms for the nose
1. Hot glue pipe-cleaners to the back, creating any shape as the hair (use big beads as hair ties)

PA Standard: 9.1.V PK.B

