



10 reasons why we value Outdoor Learning

- Natural light makes us feel more alert, ready to think and creates the conditions for good memory.
- Vitamin D is great for the immune system.
- Greater amount of oxygen in the fresh air outside to wakes up the brain.
- Natural smells and touches stimulate the senses.
- Sensory integration occurs with the changing textures, shapes and forms of natural objects.
- The shapes, colours, distances outdoors strengthen the vision – developing better spatial awareness and co-ordination.
- Activity outdoors makes eyes healthier as the eye changes to adjust to near and far objects.
- Moving makes children happy and supports positive mental health.
- Physical movement and outdoor activities support thinking through the joining of more cerebal pathways.
- Children need to learn to adapt to the natural world around them.

