

# Outdoor Learning

## At The Manor Primary School

We value the impact of outdoor learning on children's well-being which is why they take learning outdoors at least once a week to experience the benefits.

*"With increased contact with nature the brain can be restored from fatigue and so reduce many unwanted symptoms such as impulsive behaviour, irritability and aggression. (Bird, 2007).*

*As nature deficit grows, another emerging body of scientific evidence indicates that direct exposure to nature is essential for physical and emotional health... it can improve all children's cognitive abilities and resistance to negative stresses and depression. Lowy (2009:100)*

Pupils also get the opportunity to experience learning in their Forest School throughout the year. They learn specific skills through focused sessions.



### **Pupils' comments about their Forest School experiences:**

*"It is so much fun! It is also more relaxing and calmer than in school."*

*"It's good to learn in fresh air, it's better moving around. In school it feels quite crowded and it's quieter outside."*

*"We can learn more about nature; we are more independent. We can learn with our friends and we have choice about who we can learn with."*

*"We use lots of gem powers and have lots of challenges when we are in Forest School."*

**Aspire, Believe, Achieve**

*Learning and growing together, in a caring Christian community, to be the best that we can be*



