

# Why is learning outdoors so good for you?

Learning outdoors is important because it makes you feel happy and helps you to learn important skills. Plus, it's a lot of fun!

## KEEP MOVING

When we learn and play outdoors, we move our bodies more. This helps us to get stronger and fitter.

## WORK WITH OTHERS

Learning to co-operate with others is an important skill. In the outdoors, you'll learn how to take turns, solve problems and make things together.

## KEEP CALM

Did you know the colour green helps people to relax? So it makes sense that being in a green, natural space can make you feel calmer.

## TRY SOMETHING NEW

What's new for you? Hunting for bugs, climbing a tree, or swinging on a rope? Trying new things can be scary at first, but helps you to learn and to feel more confident.

## EXPLORE NATURE

Being outdoors helps us connect with nature, so go on – explore and discover what's outside!



Find out how the **Outdoor Learning Award** can help bring these benefits to your school, email [contact@schoolimpactawards.co.uk](mailto:contact@schoolimpactawards.co.uk)



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