**Outdoor Learning**

It has become accepted as ‘normal’ for the vast majority of school lessons to take place in a classroom – but there isn’t any reason that many of these couldn’t take place outdoors, and there are lots of good reasons why many should take place outdoors.

There is an increasing amount of evidence available that proves that time spent outdoors is good for us and can have a positive impact on our mental health and general wellbeing. Even the NHS is currently running a pilot scheme in some areas where GPs are now ‘Green Social Prescribing’ and linking individuals to nature-based interventions and activities, such as local walking for health schemes, community gardening and food-growing projects.

When home-educating, there is more flexibility around where learning can take place and, if you’re not already doing so, then why not start exploring some of the many green spaces that we are fortunate to have in and around Sutton? Many of these may be within walking distance or easily accessible by public transport and can be accessed free of charge.

Stepping outside to learn offers first-hand experiences that get learners engaged very differently to learning that takes place indoors, and that can rely heavily on screen-based resources.

If you’re not sure what to do while you’re outside, then have a look at some of the links below to whet your appetite and give you some ideas. Winter might be approaching but why not wrap up warm and get outside for at least part of everyday – rain or shine!

It’s not just PE or Geography that can happen outdoors – most subjects can be enhanced by making the most of the opportunities that are available to us when we venture outside!

Resources for EHE

[5 key benefits of outdoor learning (ltl.org.uk)](https://ltl.org.uk/news/5-key-benefits-of-outdoor-learning/)

[50 things to do before you're 11¾ | National Trust](https://www.nationaltrust.org.uk/50-things-to-do)

[Education Resources | Council for Learning Outside the Classroom (lotc.org.uk)](https://www.lotc.org.uk/resources/education-resources/)

[Nature Detectives - Woodland Trust](https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/)

[Free Biology & Geography Teaching Resources | FSC (field-studies-council.org)](https://www.field-studies-council.org/resources/)

[Outdoor homework | Outdoor Lesson Idea | Learning through Landscapes (ltl.org.uk)](https://ltl.org.uk/resources/outdoor-homework/)

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