

# Your Outdoor Classroom...

*What are the TOP 5 reasons teachers don't go outside to teach?*

*What are the TOP 5 benefits of teaching outdoors?*

“Children become bored and unruly outside”

“We keep them indoors where we can better control their behavior and environment”

“Inside the classroom children cannot act up as much and have more boundaries”



**THESE ARE ALL FALSE STATEMENTS!!!**



In fact, children are more likely to release their pent-up energy in a more destructive way when kept in a classroom.

Children are less able to comply with classroom rules when inside too long.

Expecting children to use “inside voices”, remain sedentary and have too many limitations...is developmentally inappropriate!

Children who are allowed to be loud, enthusiastic and curious – or otherwise known as “CHILD LIKE” are more cooperative and tuned-in.

As recently as 15 years ago children had more access to climbing trees, riding bikes, searching for worms, gardening, more recess or physical education and an overall appreciation of nature.

Now children are raised in cement cities where trees are scarce or small, gardening is rare, and getting dirty is seen as bad, and basically missing out on the experience of nature and its value!!

Many children are deficient in vitamin D...from the sun!

1/3 of children born can expect to develop diabetes, obesity or high blood pressure at a very early age.

## IDEAS FOR OUTDOOR PLAY...