



*summer*  
WEBINAR SERIES  
PLAN ✦ ENRICH ✦ REFLECT

# LESSONS LEARNED FROM THE OUTDOORS

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Japanese Maple



# Lessons Learned From The Outdoors



Ben Lomond Trail



By

Chaz Pounder





*Hello!*

My name is Chaz Pounder  
And I want to know... What is  
your favorite thing to do in the  
outdoors? Tell me why?





*The Tale of a Farmer*

*Essential.*

*Important.*

*Education.*

*Is Outside.*

*Old MacDonald had a farm*

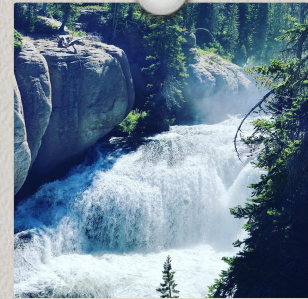
*E.I.E.I.O.*





## Objectives

- ✗ Understanding the positive benefits of spending time outdoors and the harmful effects of not doing so.
- ✗ Learning new and exciting ways to engage youth in outdoor learning.
- ✗ Helping youth connect and even fall in love with the outdoors.



*Terraced Falls*



## *Are We Doing Enough for Kids?*

- What are the reasons for children not wanting to spend time outdoors?





slido

What are the reasons for children not wanting to spend time outdoors?

 Start presenting to display the poll results on this slide.



## *Are We Doing Enough for Kids?*

- Why do children not want to spend time outdoors?
- What are the harmful effects? Why should children go outside? What are the benefits?





What are the harmful effects of children not going outside?

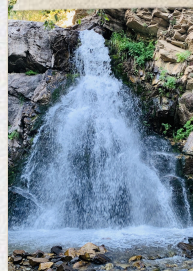
 Start presenting to display the poll results on this slide.

## Harmful Effects & Need for Outside Time

**Physical Health:** There is a gathering storm of childhood obesity & lack of physical activity in the U.S.. Children should be active for an hour every day, and getting outside is one way to be sure that happens.

**Mental Health:** Spending time outdoors has been linked with lower stress levels in children. The NWF states that child's stress levels will fall within minutes of seeing green spaces, and that the temperament of a child who spends time outdoors is also more mild than those who spend more time indoors.

**Cognitive Benefits:** A growing body of research shows that outdoor time can make young people smarter. Time spent in nature improves awareness, reasoning, observational skills, memory, communication, concentration, imagination and creativity. Exposure to environment-based education has been shown to increase critical thinking skills and test performance.



Farmington

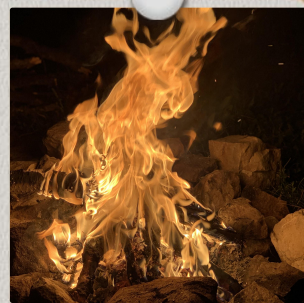


## *Harmful Effects & Need for Outside Time*

**Social-Emotional Learning:** Being outdoors or playing stimulates social interaction. Young people work more collaboratively and communicate more when they are outside. Just being free to move around provides the opportunity to interact with new social groups.

**Spirit:** The natural world is filled with beautiful sights, sounds and textures that excite our senses. The sunlight on our faces, the wind in our hair and the songs of birds all serve to reduce stress and anxiety. Once outside, young people are given a greater freedom to be louder and messier.

**Planning Time Outside:** The first hurdle when planning outside time is the challenge of your location. Some of us will have a great location with trees and space for a garden. Others will only have a simple square of asphalt. Whatever space you have, there are activities that can be used to get young people up and outside. Just the act of being outdoors allows the leeway for more movement, mess, and noise - which are all important for development.



*Uinta Mountains*



## *Are We Doing Enough for Kids?*

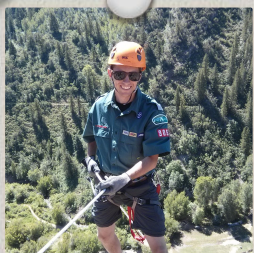
- Why do children not want to spend time outdoors?
- What are the harmful effects?
- How do we engage kids in outdoor activities?



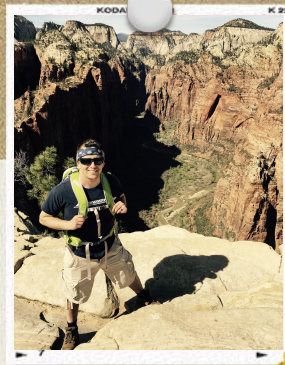


*It's time for a fresh  
start & fresh air*

**Whatever you're doing.. Let's take  
this outside.**



*Camp Browning*

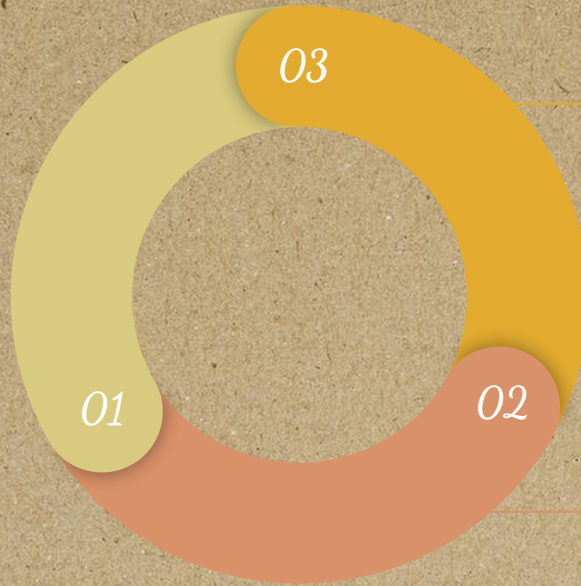




# Asking Good Questions To Engage Outdoor Learning

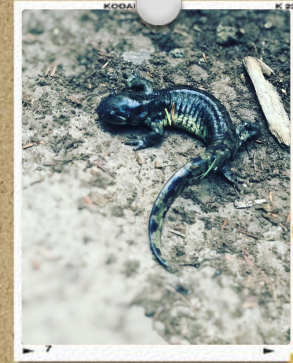
*Asking good questions can support youth in developing a growth mindset towards nature.*

**Ask  
Open-Ended  
Questions**



**Help Guide  
Thinking and  
Curiosity**

**Clearly  
Stated &  
Continuous  
Follow-Up**





# Outdoor Activities



## STEM & Outdoor Themes

Apply STEM & or outdoor themes to active games you already know, such as tag, red light-green light, or duck, duck, goose.



## Plant identification

Survey the plants at your location. Explore where plants like to grow and illustrate the different plants discovered.



## Natural Art

Create an amazing piece of abstract art using only natural materials.



## Build a Bridge or Dam

Find a natural obstruction and use items from nature or craft materials such as straws and popsicle sticks to overcome it.





## Break Out Session



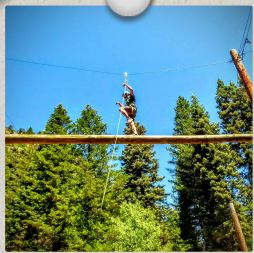
*Let's Brainstorm!*

**What Are Some of Your Ideas to support kids in getting into the Outdoors?**



# Coming to Love the Outdoors

"Sunsets, like childhood, are viewed with wonder  
not just because they are beautiful but because  
they are fleeting." - Richard Paul Evans



*Camp Browning*



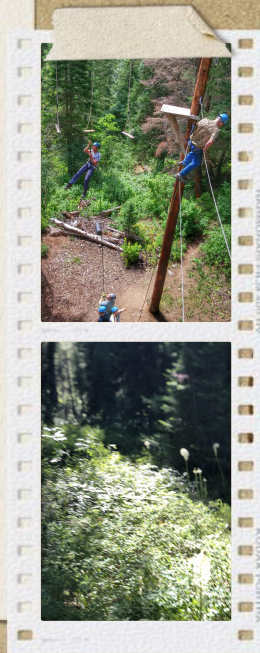


## Connecting Children With Nature

Have you ever tried teaching something to a child that wasn't curious about what you wanted to share? It really doesn't work, does it?

**Start With Curiosity:** Let the child lead the learning with natural curiosity! Ask yourself: What am I curious about in nature? What are the kids curious about in nature? How can we share our curiosity together?

**Take Time to Observe:** Sometimes the best thing to do as a facilitator is to step back and observe. Children play and learn differently when they aren't being controlled and or directed by adults. This gives you an opportunity to watch their behavior and spot trends that will help you coax them into new discoveries and insights.



UT & WY.



## Connecting Children With Nature

**Harvest The Memories:** Always remember that what happens after an outdoor experience is just as important as the experience itself. Learning doesn't have to stop just because you come back inside. Help young people reflect on their experiences by asking good questions and helping them think more deeply about their experiences.

- What was your favorite part of the day?
- What did you learn about plants today?
- Does anyone want to share their experience about the deer we saw?
- Where should we go and do next?

**Keep It Fun:** Nature connection is always supposed to be fun and engaging. If you find yourself in the outdoors and it feels like a struggle and not fun at all... that's a sign that you might be trying too hard, or not paying attention to where the interest of the children is actually focused.



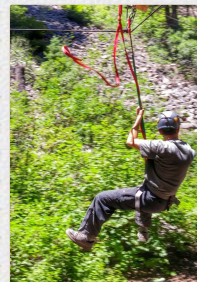
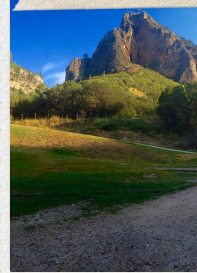
*Yellowstone*



## Connecting Children With Nature

**You Connect First:** This is sometimes a tough one, but it's really important... If you aren't connected to nature, then it will be very difficult to help your kids connect with nature. This is not about knowledge of information or facts. It's about your own ability to read the stories of nature and engage with the world on a sensory level.

"You're off to great places! Today is your day! Your mountain is waiting, so... Get on your way!" - Dr. Seuss



Kiesel.



*Thank You!*



Any questions?

You can find me at:

- ✗ [chazp@utahafterschool.org](mailto:chazp@utahafterschool.org)
- ✗ 801.882.3515.

And remember... Essential, Important,  
Education, Is, Outside...





## *Resources and Credits*

[Want Young People To Be Healthier, Happier and Smarter?](#)

[10 Ideas to Get You and Your Child Exploring Outdoors](#)

[7 Tips For Connecting Children With Nature.](#)

[Reconnecting Children With Nature](#)







# *summer* WEBINAR SERIES

## *Plan*

TOPIC: SUMMER DATA

**APRIL 20** | PART 1

**MAY 4** | PART 2

**MAY 25** | PART 3

## *Enrich*

**JUNE 8** | LESSONS LEARNED FROM THE OUTDOORS

**JUNE 22** | TOXIC MASCULINITY + SOCIALIZATION OF BOYS

**JULY 6** | SELF-CARE IN AN EVER-CHANGING WORLD

**JULY 20** | ANSWERING SENSITIVE QUESTIONS

## *Reflect*

**AUGUST 3** | FOLLOW UP AND SUMMER CELEBRATION!

ALL  
WEBINARS  
ARE AT  
**12:00 PM**  
**MT**





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