



Here's Why **Outdoor Learning** Supports More Than You Think

Children connect, engage, and regulate more freely.

Swipe to explore



So what does that actually look like?

Outdoors, children have more space to move, explore, and interact.

More movement.

More interaction.

More connection.

These everyday moments shape how children connect with others and manage their emotions.





Research highlights

a clear connection



between outdoor learning and children's
social and emotional development.





* *Key Finding*

Children are more engaged when learning outdoors

Curiosity, participation, and sustained attention are more visible in outdoor environments.

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Key Finding

Outdoor learning strengthens relationships

Shared experiences open up opportunities for **communication, collaboration, and connection.**





Key Finding

**Outdoor learning supports
emotional regulation**

**Calmness, resilience, and positive emotions
become more evident over time.**

Key Finding *

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Outdoor learning encourages independence and autonomy

Children **take initiative, make decisions,** and **build confidence** through exploration.



These outcomes don't happen automatically

They are shaped by *how* outdoor learning is *intentionally* **planned, supported,** and **experienced.**

What does this mean for educators?

It requires a *thoughtful approach*, that centres **exploration, belonging, and engagement.**



Outdoor learning is more than time spent outside

It shapes how children **connect, engage,**
and **make sense of their world.**