

WHY THIS MATTERS

Outdoor play is a powerful space for learning in early childhood education.

It supports:

- Physical development
- Emotional well-being
- Curiosity and exploration

However, research shows that sustainability is not always intentionally supported during outdoor experiences.

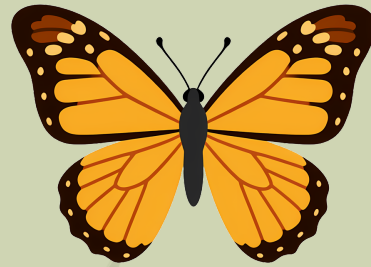
This resource highlights simple and meaningful ways educators can support sustainability through everyday practice.



Key Takeaway

Sustainability is not something that needs to be added ,
it can be built into everyday outdoor experiences.

It is the educator's role to support, extend, and give meaning to these experiences.



Supporting Sustainability Through Outdoor Play in Early Childhood Education

A practical guide for educators

Helping children build meaningful connections with the natural world

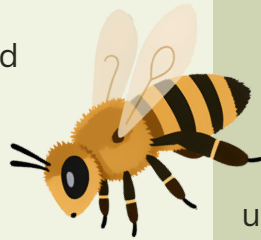


EDUCATOR BELIEFS MATTER

How educators view outdoor play shapes how sustainability is supported.

In practice:

- View outdoor play as a learning space, not just free time
- Engage alongside children as a co-learner
- Be open to exploration and curiosity



Intentional Teaching Deepens Childrens Learning

Children benefit when educators actively support their thinking.

In practice:

- Ask open-ended questions
- Encourage observation and reflection
- Connect experiences to environmental ideas
- Extend children's interests

Learning is Relational

Children develop environmental understanding through relationships with:

- People
- Places
- Materials

In practice:

- Encourage care for living things
- Build routines that connect children to nature
- Support ongoing, repeated experiences outdoors



Educators may experience challenges such as:

- Time constraints
- Safety expectations
- Limited training

Ways to support practice:

- Use small, everyday moments
- Focus on what is already happening outdoors
- Advocate for time and support when possible