

Approach

Outdoor learning promotes the positive physical, social, emotional and mental health of young people; By combining knowledge, skills, attitudes, or behaviour change, and these can be demonstrated through the following examples (not an exhaustive list):



Experience

- Gain new knowledge through experience
- Active experiences promote health, wellbeing & encourages lifelong positive physical literacy
- Enjoyment and fun, creating positive memories
- Safe environment / a sense of community
- Broadens knowledge of lived experiences
- Risk, delivered within a well-managed environment
- Independence
- The value of trust and trusted relationships
- Adventures Away from Home



Learn

- About ourselves and others
- Empathy and to value and respect differences
- Understand the transferability of learning
- New skills
- Problem solving
- To recognise and celebrate achievement
- About the natural environment and its importance for sustainability and wellbeing
- Interpersonal skills and teamwork
- Emotional management



Develop

- Essential life skills
- Empowerment and initiative
- Educational skills
- Character and citizenship
- Social skills and social confidence
- Resilience and responsibility
- Self-confidence to use their own voice, be themselves and make decisions
- An ability to self-evaluate risk
- Friendships, often outside their usual peer group(s)

Experience – Learn - Develop