

# ✿ LET THEM GO AND WATCH ✿ THEM GROW - UPPER PRIMARY

All children benefit greatly from taking reasonable risks in their learning. This develops a sense of independence and autonomy, helping them to be lifelong learners.

Nature play helps children to:

- ✿ think creatively
- ✿ problem solve
- ✿ collaborate
- ✿ resolve conflict
- ✿ regulate stress
- ✿ gain perspective
- ✿ connect to place and self
- ✿ feel free and in control of their world
- ✿ imagine and wonder why
- ✿ recognise beauty, awe and wonder
- ✿ care and respect for living things
- ✿ assess risk
- ✿ climb higher
- ✿ develop their strength.



Why should we take our learning outside?

- ✿ Improved wellbeing and emotional regulation.
- ✿ Greater developmental growth and personal initiative.
- ✿ Builds executive function.
- ✿ Provides opportunities for experiential learning.
- ✿ Access to fresh airflow and sunshine boosting vitamin D in winter months (in warmer months when the UV is above 3, hat, sunscreen, and sun protection required).



Image courtesy of Nature. Be in it.