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Academic Skills

Part 1:

Discuss how outdoor adventure education can be seen to contribute towards an individual's health and wellbeing.

Outdoor Adventure Education is an overlooked, positive contribution for numerous individuals' health and wellbeing. Studies show how beneficial the natural world can be towards improving a person's mood and head space, as well as for children specifically whose brains are still undergoing development. Lastly, the growth and maturation that comes after undergoing adventures is admirable. Outdoor adventure education contributes towards an individual's health and wellbeing through mental health, child development, and character building.

In the past decade, the topic of ways of improving mental health has become a common subject of debate. For example, during the pandemic, the act of using nature as an organic way to improve one's mood while simultaneously staying active, became an evident solution for many. Covid-19 forced a majority of individuals' routines to change. Whether someone lost a job or couldn't attend to their daily commitments, a handful of people turned to physical activity and spending time outdoors in their free time (Marshall, 2022). "Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration" (Lombardo, 2021). Outdoor activity is an accessible solution to improving mental health.

Children nowadays are growing up surrounded by advanced technology. While there are absolutely benefits to these advances, the damaging outcomes are very apparent as well. An immense percentage of childhood used to consist of playing in the outdoors, getting physical activity, and testing the limits of imagination. Technology has caused a huge impact on kids with how time consuming it truly can be. In the outdoors, "Within this safe environment, children were able to explore personal risk, whether that was how high they chose to climb, their

proximity to spiders, or even the feel of damp leaves and squelchy mud on their fingertips” (Tebbs, 2022). The satisfaction of encouraging kids to learn from hands-on activities leads to a large boost in confidence. Many schools have begun incorporating going outside throughout the school day. By doing this, “... students learning within the conventional setting were more motivated after the outdoor learning was incorporated” (Carlotta, n.d.). Children deeply thrive in return when partaking in outdoor adventure.

The positive effects of Outdoor Adventure Education are endless. From emerging oneself in nature for a few days, to spending weeks in it, the opportunities of character development are infinite. Over the past century, many outdoor programs have been brought to light from the appeal of promoting growth within individuals. One of these programs, Outward Bound, claims their purpose is to “...use wild adventure to help young people realise their potential through learning, challenge and discovery in the outdoors” (The Outward Bound Trust, n.d). The results and outcomes that are reflective of wilderness experiences prove that they are a big contribution to thriving within oneself.

Outdoor Adventure Education promotes a variety of benefits to improve an individual's health and wellbeing. Through the act of using organic methods to boost mental health, withdrawing technology to encourage creativity, and challenging yourself to obtain personal growth, the rewards are endless.

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