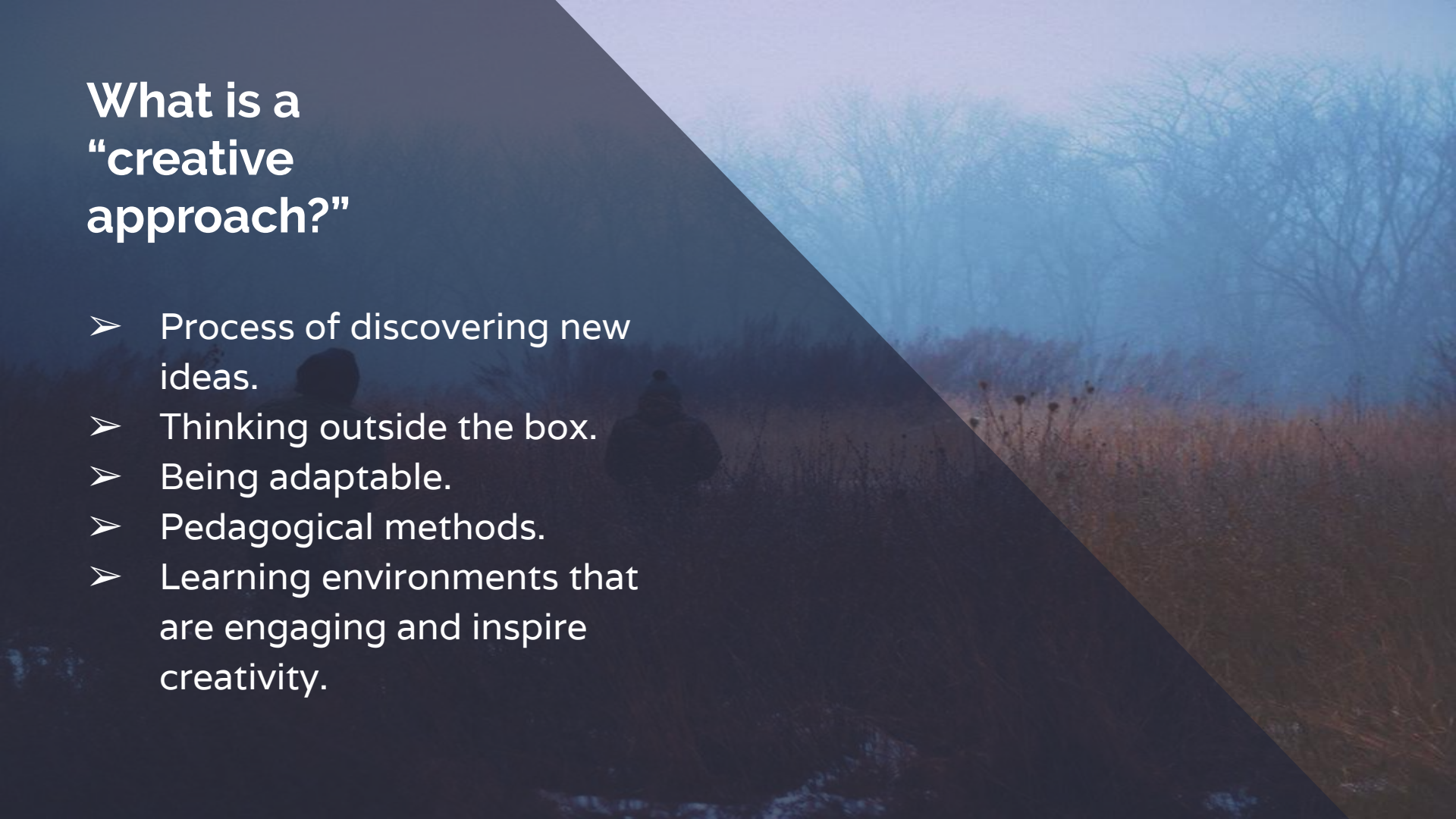


A person in a puffer jacket and shorts stands on dark, wet rocks at a rocky coastline during sunset. The sun is low on the horizon, creating a bright orange glow and a long, shimmering reflection on the calm water. The sky is filled with dramatic, dark clouds. A diagonal line divides the image, with the left side being darker and the right side showing more of the sunset's light.

Creative approaches: The outdoor classroom

What is a “creative approach?”

- Process of discovering new ideas.
- Thinking outside the box.
- Being adaptable.
- Pedagogical methods.
- Learning environments that are engaging and inspire creativity.



Has modern childhood become....

- ❑ Too controlled?
- ❑ Too risk averse?
- ❑ Technology reliant?
- ❑ Too protected?
- ❑ Too regimented?





- Whittling
- Starting fires
- Den building
- Exploration
- Promotes and fosters self confidence and independence.

"Outdoor grounds can play a key role in pupils' engagement with learning and their motivation to succeed. Activity based learning in the outdoor classroom is a highly powerful tool; it is not only crucial to a child's emotional and social development but presents a whole new educational experience too. Children can take part in imaginative and inventive playful learning; they can also learn the importance of taking risks and overcoming challenges and obstacles."

- MacAdams, 2019.

Creativity is inspired by
conscious and unconscious
thought

"Forest School is a specialised learning approach that sits within and complements the wider context of outdoor and woodland education".- Forest School Association, ND.

- ❖ Improved attention span and decreased disruptive behaviours.
- ❖ Successful strategy.



'I don't have ADHD when I'm out in the woods.'

Young person aged 14.

"You can do stuff outside that you wouldn't get to do in a classroom and you get to be in the fresh air"

- Young person aged 16

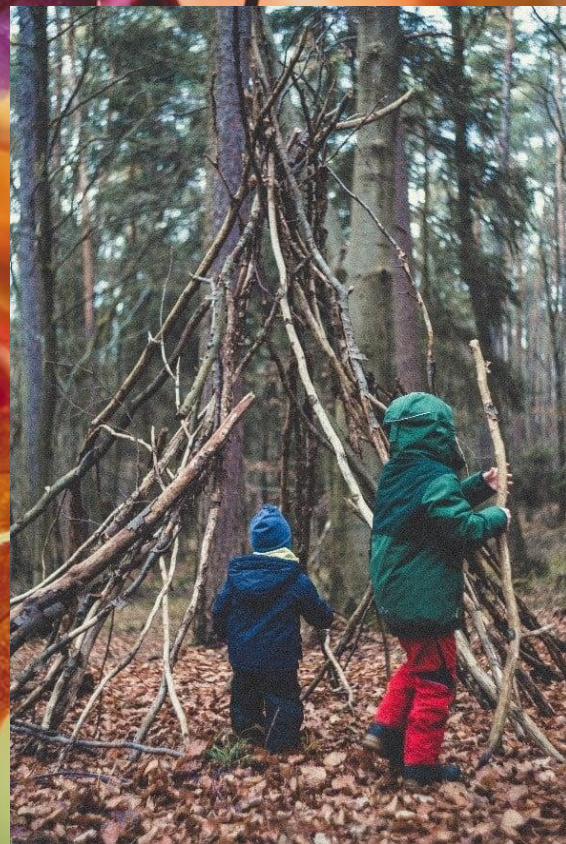
- ❖ Addresses lack of engagement with nature and the outdoors.
- ❖ Promotes a pro environment attitude.
- ❖ Studies show that there are differing attitudes between groups of children who had participated in the programme and those who had not.
- ❖ Those who had participated in the Forest School programme demonstrated a significantly increased level in pro environmental attitudes.





Outdoor learning can aid
children and young people to
become.....

Stronger
More creative
More resilient





There are the obvious benefits, such as learning about and taking care of our natural environments and the creatures and plants that inhabit them – as well as physical exercise and refining motor control while developing strength and coordination.

But for me it's about what happens when children are in nature that really counts. Active learning and play outdoors are essential to children's health and development. Children's fitness levels improve and they learn about the differences in their bodies before and after exercise. Physical activity releases endorphins so there are psychological benefits, such as improved self-esteem.

(Causer, 2016).

What is ADHD?

- Common neurobehavioural disorder
- Symptoms include chronic and high levels of impulsivity, or hyperactivity or both
- Treatment for ADHD falls short of ideal and can have many unpleasant and negative side effects

- Adderall (amphetamine)
- Ritalin (methylphenidate)
- Concerta (methylphenidate)
- Focalin (dexmethylphenidate)
- Daytrana (methylphenidate patch)
- Metadate or Methylin (methylphenidate)
- Dexedrine or Dextrostat (dextroamphetamine)
- Vyvanse (lisdexamfetamine dimesylate)

- Sleep problems.
- Decreased appetite.
- Weight loss.
- Increased blood pressure.
- Dizziness.
- Headaches and stomachaches.
- Rebound (irritability when the medication wears off)
- Moodiness and irritability

ADHD & the outdoors

- ★ Green/outdoor activities reduces ADHD symptoms in children across various contexts.
- ★ Focus on green or natural environments has direct links to superior attention and effectiveness.
- ★ Spending time in nature lowers cortisol and blood pressure.
- ★ Minimises concentration fatigue associated with ADHD.

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