



# Discovery Camp





“Children who learn outdoors know more,  
understand more, feel better, behave better,  
work more  
co-operatively and are physically healthier and  
that exposure to the natural environment can  
reduce stress and aggressive behaviour in  
children, and give them a greater sense of self-  
worth”

(Moss 2012:9)



# Discovery Camp

... which is why we want to spend more time outside.

We'll set up camp, have picnics, build dens, run, roll, jump in the fields, splash and paddle in the little stream...

We plan to go out in all weathers except high wind and really torrential rain or storms.



# Discovery Camp

Using the outdoor environment we will cover all areas of learning under the EYFS and provide lots of opportunities to develop our little Pandas:

**P**assionate about learning, prepared for school and a great future

**A** confident, communicator who can make friends and respect others

**N**ot afraid to take risks and find new challenges

**D**etermined and resilient

**A**n independent little being and creative thinker





# Discovery Camp

At Panda we support children to take ‘little risks’...

- To embrace challenge, push themselves just outside their comfort zone
- To achieve better things and learn how to bounce back and try again.

Discovery Camp is a great platform to develop these skills.



# Why is being outside so important?

- Research shows that playing out in nature promotes:
  - Physical health and motor skills
  - Language and cooperative skills
  - Emotional well-being and behaviour
  - Creativity, imagination and sense of wonder
  - Problem solving skills and concentration
  - Observational skills and knowledge
  - Risk assessment skills



# Why is being outside so important?

- It promotes fundamental physical development

## **Proprioceptive:**

- Running
- Jumping
- Climbing
- Crawling

## **Vestibular:**

- Sliding and Swaying
- Spinning and Swinging
- Rocking and Rolling





# Why is being outside so important?

- Examples of how it supports physical development:
  - Hills – to roll down
  - Slopes – to climb up
  - Spaces – to run
  - Logs – to jump down from
  - Branches – to crawl on and under
  - Tree Ropes – to swing from
  - Uneven terrain – to master coordination





# Why is being outside so important?

- It supports imagination:
  - Plentiful supply of free open-ended resources
  - Plentiful supply of free sensory resources
  - New free resources with every season
  - Symbolic play linked to literacy
  - A reason to talk





# Why is being outside so important?

- It improves behaviour:
  - Space to have quiet time
  - Space to work together
  - Space to express emotions
  - Space to display resilience
  - Space for adventures





“Children are disappearing from the outdoors at a rate that would make the top of any conservationists’ list of endangered species if they were any other member of the animal kingdom”

(Tim Gill)



# The special nature of the outdoors

“Frantic children calmed down, sad children cheered up, lonely children made friends, children who were lethargic became curious and began to ask questions, children who were apathetic started to persevere and set and solve their own problems and tired children sprang into lively action”

(Marjorie Ouvry)



# Come and join our Discovery Camp!



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