

Play Through the Seasons in Alaska



Nature Reform



Teaching children about the natural world should be treated should be treated as one of the most important events in their lives.

-Thomas Berry

What did you enjoy playing with
as a young child?





<https://youtu.be/MOngsiy67YY>

thread



*Outdoor Learning
positively impacts
children's academic
performance, peer
interaction, and
emotional well-being*
- Young Children Magazine

Benefits to Bundling up and Getting Outside

- Seeing the Outdoor from a New Lens
- Increases in Exercise and Using Different Muscles
- Vitamin D Exposure
- Breathing Fresh Air and Avoiding Germs
- New Challenges and Problem Solving

Physical and Cognitive Development



How can outdoor play be expanded?

Think of the story “Going on a Bear Hunt”
by Michael Rosen

Emotional Benefits of Outdoor Play



- Self Confidence
- Assess Risks
- Learn to Explore, work together and find harmony

Social Benefits of Outdoor Play



- Collaboration
- Negotiate, Share and Solve Problems
- Explore New Skills
- Overcome Challenges
- New Opportunities for Socio-Dramatic Play



Big Questions in the Outdoors



What do big questions provide?

- Knowledge
- Comprehension
- Application
- Analysis
- Synthesis
- Evaluation

Plan and Teach Intentionally



- Set the stage for learning
- Provide tools for outdoor exploration
- Remember that children's interactions with others are as important as their interactions with adults
- Make learning visual
- Make connections to print literature as well as on line information

How to Dress for the Weather



How can you do this with little to no frustration

Plan



Prep

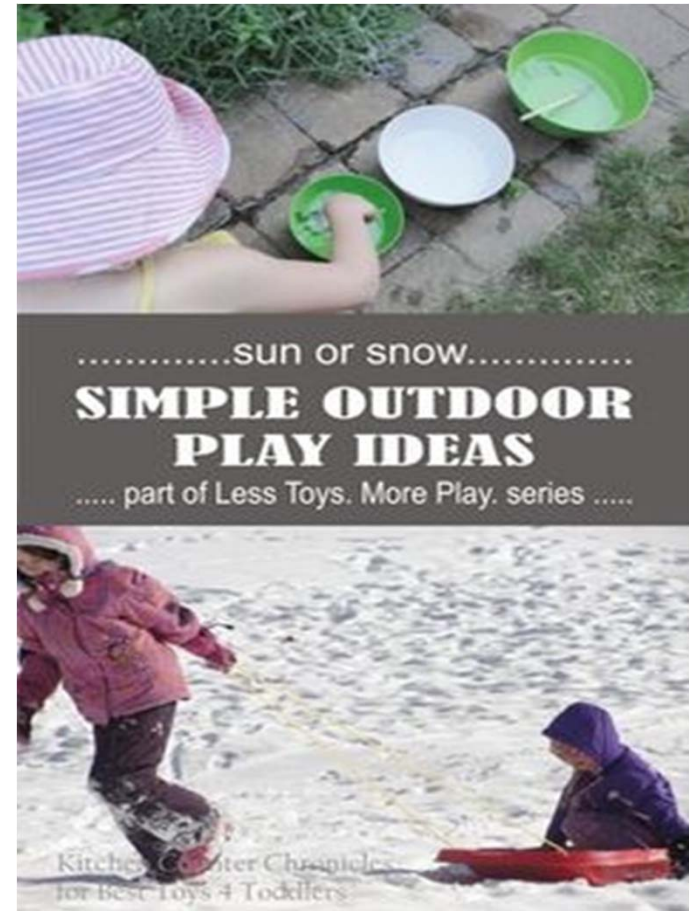
Provide food and water/hot chocolate

Enjoy



“There is no bad weather, only inappropriate clothing.”

- Layers: Base Layer for wicking
- Mittens/Gloves
- Headgear
- Snow pants/Jacket
- Boots
- Buff/Neck warmer



Playful and Positive

Stomp your feet

Park visits

Zoo Lights

Paint the snow

Snow building

Dig, scoop, stack

Explore with head lamps

Art activities inside or outside

Make bird feeder ornaments

Breath in and taste the winter air

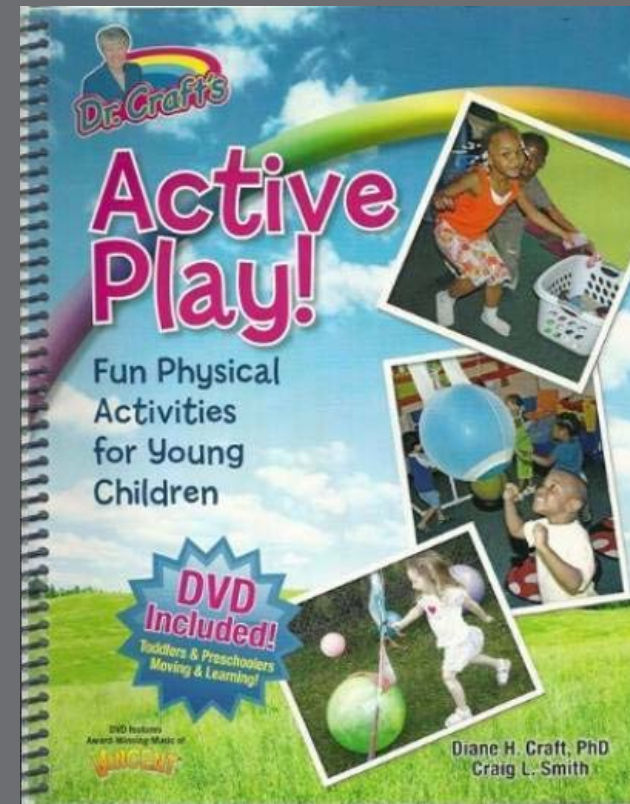


SUMMARY

- The Fantastic Outdoors is filled with rich opportunities for math, science, literacy, dramatic play, problem solving, social and emotional growth, adventurous play, heart and health benefits.



Resources





reimbursements
& grants



CDA
advising



Alaska
SEED



technical
assistance
& coaching



business
support



Learn &
Grow

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Questions?



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