




While You Are Waiting
Open the Participant Guide and Get Ready...




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March 17, 2022


Social and Emotional Development in the Outdoors

Hosts
Dawson Nichols
and
Marley Jarvis





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Webinar Features



Help Media Player Resource List Speaker Bios Question & Answers FAQs (English & Spanish) Closed Captioning

 = Consult your Participant's Guide


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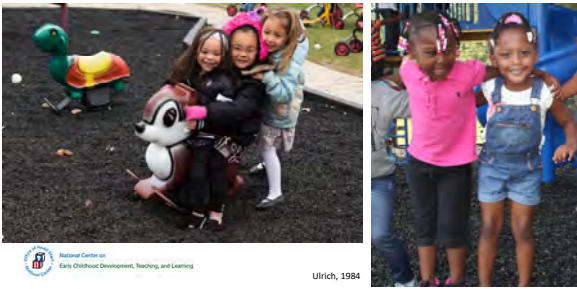
Social and Emotional Development in the Outdoors



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Social and Emotional Development in the Outdoors



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Ulrich, 1984

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Being Outdoors Benefits Children In Every Developmental Area





Head Start Early Learning Outcomes Framework

Ages Birth to Five

Approaches to Learning	Language and Literacy	Cognition	Perceptual, Motor, and Physical Development	Social and Emotional Development

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Sharing A Bucket



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Learning Outdoors Engages the Whole Child




Developing Healthy Habits
Learning to Value Nature
Enjoying Learning Through Play




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Learning Objectives




1. Describe how the outdoors provides a rich environment for social and emotional development.
2. Explain strategies for using outdoor spaces to support social and emotional development for preschool children.




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Learning to Value Outdoor Learning



In early childhood education, the outdoor environment is generally recognised as a significant and essential component of the curriculum for young children, having the potential to foster, and extend all aspects of development. In particular, in outdoor environments children can experience a greater sense of freedom than is generally possible indoors in early education settings. Additionally, children can experience nature and interact with elements of the natural environment outdoors. Some evidence, however, suggests that **early childhood teachers may underestimate and undervalue the importance of outdoors for children's development**. Implications of these findings for children and teachers are considered.


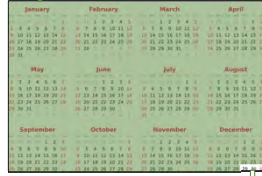
“Teachers place greater value on indoor relative to outdoor environments”



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October 2009

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For Most of History, People Lived Outside

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Chalquist, 2009

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For Most of History, People Lived Outside



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Children Learn Best in Social Situations



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What Does the Research Say?



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What Does the Research Say?



The review also explored the relationship between these benefits and the style of children's engagement with nature. The findings support the view that spending time in nature is part of a "balanced diet" of childhood experiences that promote children's healthy development, well-being and positive environmental attitudes and values. It also points to the value of more playful engagement styles. The findings are relevant to the development of educational and planning policy and practice, and to advocacy work.

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Gill 2014

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What Does the Research Say?




Spending time outside is part of a balanced diet of experiences.



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Wright et al. 2020

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What Does the Research Say?




SEAL – Social, Emotional and Academic Learning
STEM – Science, Technology, Engineering and Math
STEAM – Science, Technology, Engineering, Art and Math



Nils et al. 2013; EHS et al. 2004
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What Does the Research Say




When outside, children “were more likely to engage in the most complex form(s) of peer play.”



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Shim, Harris, and Shalley 2011

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Friends






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What Does the Research Say?






Being outdoors leads to

- Longer bouts of play
- More complex kinds of social play




Myung et al. 2020

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Differences Between Indoor and Outdoor Spaces






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Behavior Settings



Different places encourage different behaviors.



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Helfr, 2020; Meagher, 2019

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Behavior Settings Are Social Settings



Different places encourage different behaviors.



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Behavior Settings Are Social Settings



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Social Situations Are Complicated



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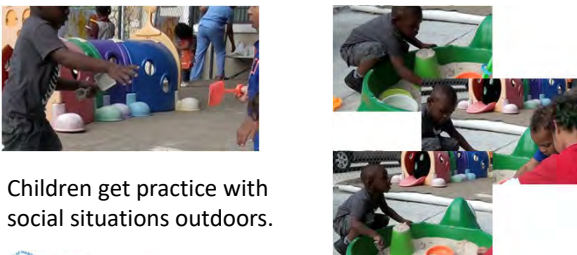
Give me!



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Social Situations Are Complicated



Children get practice with
social situations outdoors.

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Learning Objectives

1. Describe how the outdoors provides a rich environment for social and emotional development.
2. Explain strategies for using outdoor spaces to support social and emotional development for preschool children.


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Early Learning Outcomes Framework - ELOF

Preschooler Social and Emotional Development Sub-Domains

Relationships with Adults	Relationships with Other Children	Emotional Functioning	Sense of Identity and Belonging
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Relationships with Adults

Strategy #1

Make Yourself Available





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Sand Ice Cream






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Relationships with Adults

Strategy #1

Make Yourself Available





Simple, gentle, supportive interactions
Rich language and reassuring tone

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Relationships with Other Children

Strategy #2





Help Children Empathize and Understand Other Perspectives



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Problem Solving

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Relationships with Other Children

Strategy #2

Help Children Empathize and Understand Other Perspectives



Play provides incentive to work through difficult emotions.




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Emotional Functioning

Strategy #3

Be Ready for **Big** Feelings

Be a steady and calming presence

Have a plan:

- What to do
- What to say
- Where to go





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Emotional Functioning

Strategy #3

Be Ready for **Big** Feelings

Be a steady and calming presence

Have a plan:

- What to do
- What to say
- Where to go





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Sense of Identity and Belonging

Strategy #4

Talk About Groups, Communities, and Cultures

Outdoor environments allow children to experience different roles.

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Social and Emotional Development

Sense of Identity and Belonging

Strategy #4

Talk About Groups, Communities, and Cultures

Use home languages outdoors

Use materials and activities from children's cultures





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Social and Emotional Development in the Outdoors



Being outdoors helps children develop in every learning domain.

Outdoor environments give children opportunities to practice social and emotional skills.

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Social and Emotional Development in the Outdoors



We can help children's social and emotional development in the outdoors by:

- Making ourselves available for supportive interactions
- Helping children empathize with and understand other's perspectives
- Being ready for big emotions
- Talking about identity, community, and culture

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Thank You!

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Join Us For Our Next Episode!
Outdoor Learning Environments for Preschool-Aged Children

Thursday, June 16, 2022
3 pm ET



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