

Healthy Kids,



Healthy Planet

Strategies for taking K-5
Students Outdoors
to Support
Health and Success

Our toolkit provides an overview of the benefits students can experience from spending time in nature, outlines barriers that educators may encounter when trying to take students outside, and describe strategies that could help.



Improve Mental
Well-Being,
Happiness, &
Mood

Support
Academic & Social
Development

Increase
Environmental
Stewardship

For Teachers

Toolkit will help to **identify barriers** and **learn strategies** to overcome them

Strategies are varied – **find the one that works for your class!**

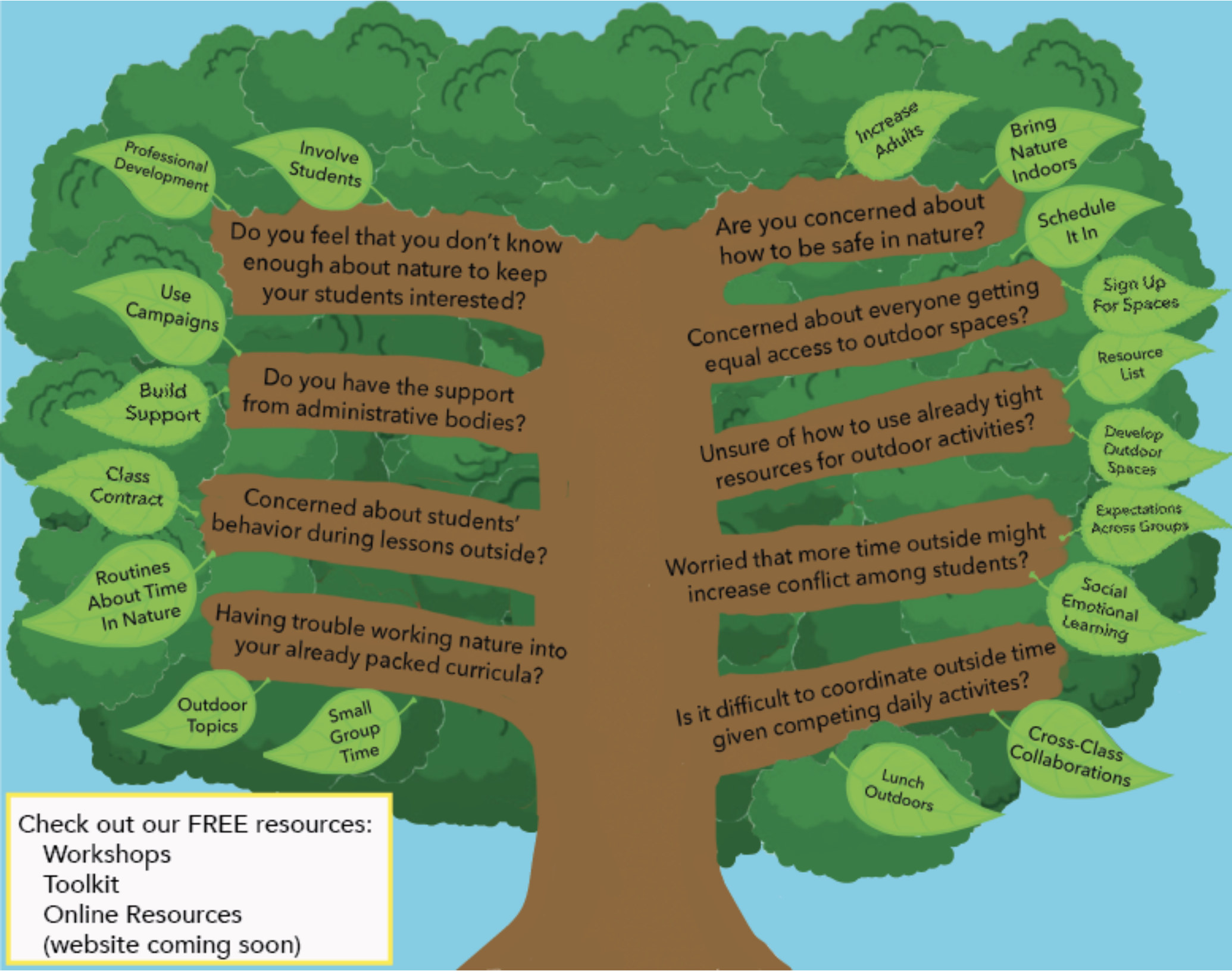
Use **research evidence** about the benefits of time in nature to **build support** & use our **free workshop guide** to engage colleagues and create a movement within your school

For Administrators

Learn about the **challenges teachers face** in taking students outside

Identify **strategies that require support from administration** to address barriers

Use **our free workshop guide** to run **professional development** and create a movement & **support for teachers** within your school



Check out our FREE resources:
Workshops
Toolkit
Online Resources
(website coming soon)