

# Outdoor Adventuring



## Grass Roots Nursery Group: Outdoor Adventuring Policy & Procedure

### Purpose:

To outline the principles, procedures, and benefits of our Outdoor Adventuring program, which provides children with opportunities for exploration, learning, and development in a natural environment.

### Key Principles:

- **Learner-Centered:** Outdoor Adventuring sessions are designed to be child-led, focusing on children's interests and curiosity.
- **Holistic Development:** The program aims to promote children's physical, cognitive, social, and emotional development.
- **Risk-Taking:** Children will be encouraged to take calculated risks and make their own decisions within a safe and supportive environment.
- **Nature Connection:** Outdoor Adventuring fosters a connection with nature and an appreciation for the natural world.

### Procedures:

- 1. Preparation:**
  - Staff will familiarize themselves with the Outdoor Adventuring handbook and policies.
  - Parents will be reminded of the kit list at the beginning of the term.
  - Equipment will be gathered and checked for safety.
- 2. Session Structure:**
  - Sessions will include a group gathering for sharing experiences and reflection.
  - Activities will be loosely structured to accommodate children's interests.
  - A focus on safety and risk management will be maintained throughout the session.
- 3. Safety and Rules:**
  - Children will be introduced to safety rules and guidelines, such as avoiding hazardous materials and staying within designated boundaries.
  - Staff will enforce safety rules and address any concerns.
- 4. Equipment and Supplies:**
  - Necessary equipment, such as tools, first aid kits, and boundary markers, will be prepared for each session.
  - Equipment will be cleaned and stored properly after each session.
- 5. Observation and Assessment:**
  - Staff will observe children's engagement, learning, and development during the sessions.
  - Observations will be documented and shared with parents.
- 6. Review and Evaluation:**
  - The Outdoor Adventuring program will be reviewed annually to ensure its effectiveness and alignment with best practices.

### Benefits of Outdoor Adventuring:

- **Physical Development:** Enhances gross and fine motor skills through activities like climbing, building, and using tools.
- **Cognitive Development:** Promotes problem-solving, creativity, and critical thinking.
- **Social and Emotional Development:** Fosters cooperation, communication, and self-esteem.
- **Nature Connection:** Develops an appreciation for the natural world and environmental awareness.
- **School Readiness:** Prepares children for school by developing essential skills and dispositions.

### Outdoor Adventuring Ethos:

- **Inspirational Process:** Outdoor Adventuring offers opportunities for achievement, confidence, and self-esteem development.
- **Learner-Led:** Sessions are designed to accommodate children's interests and curiosity.
- **Risk-Taking:** Children are encouraged to take calculated risks and make their own decisions.
- **Holistic Development:** Focuses on the whole person, including physical, cognitive, social, and emotional aspects.
- **Natural Environment:** Takes place in a woodland or natural setting to connect children with nature.

### Linking to the EYFS:

- **Personal Social and Emotional Development:** Promotes social skills, emotional awareness, and self-esteem.
- **Communication and Language:** Encourages vocabulary development, listening skills, and expression of thoughts and feelings.
- **Physical Development:** Builds strength, coordination, and gross and fine motor skills.
- **Literacy:** Supports literacy development through storytelling, mark-making, and exploring the natural world.
- **Mathematics:** Provides opportunities for exploring mathematical concepts through practical activities.
- **Understanding the World:** Fosters curiosity, observation, and understanding of the natural environment.
- **Expressive Arts and Design:** Encourages creativity and exploration through art, music, and play.

### Procedures for Outdoor Adventuring Sessions:

- **Pre-Session Preparation:**
  - Gather necessary equipment and supplies.
  - Review safety rules and guidelines with children.
  - Remind parents of the kit list.
- **Session Start:**
  - Gather children and walk to the site.
  - Remind children of safety rules and conduct a brief risk assessment.
- **Activities:**

- Engage children in a variety of activities, such as building shelters, exploring nature, and playing games.
  - Encourage child-led exploration and discovery.
- **Reflection and Sharing:**
  - Gather children together to share their experiences and reflect on the session.
- **Tidying Up:**
  - Ensure the site is clean and tidy before leaving.
  - Return equipment to the nursery.

#### **Safety and Rules:**

- **General Safety:** Adhere to general safety guidelines, such as avoiding hazardous materials and staying within designated boundaries.
- **Specific Rules:** Introduce and reinforce specific rules related to the woodland environment, such as avoiding certain plants or animals.
- **Risk Assessment:** Conduct a regular risk assessment of the woodland site and adjust activities accordingly.

**By following these procedures and adhering to the key principles, we can ensure that our Outdoor Adventuring program provides a valuable and enjoyable experience for children.**