








Outdoor Education in Winter

The goals of outdoor education are to help students develop positive relationships with: the natural world, others, and themselves.










To help students develop a better understanding of themselves in winter, go outside where they can feel and observe what happens to their own bodies.

-  goosebumps
-  red cheeks
-  runny nose
-  see breath
-  shivering
-  numb toes and fingers
-  can't see when they come in from a snowy school yard

Why do these things happen? There is so much to learn about the ways our bodies react to cold winters!



When students feel and see the ways their bodies react to the cold, they can extend their knowledge and thinking. Here are some examples:

-  Compare how different animals and plants on your schoolyard react and adapt to winter.
-  Understand how Indigenous people have lived with winter since time immemorial.
-  Consider the benefits of spending time outdoors in winter.
-  Connect the ways they react to being outdoors to different systems in their bodies.
-  Build shelters.
-  Learn about why we have four seasons in this part of Canada.
-  Discover beauty and art outdoors in winter.
-  Learn about how to stay safe and warm so they can be outside more often.
-  Discover or invent winter sports and games.

How can *you* use winter as a tool to help your students develop better relationships with themselves, others, and the natural world?

