

OUTDOOR EDUCATION AND EMOTIONAL WELL-BEING

Module 1 - Foundations and Contemporary Approaches to Outdoor Teaching

- Welcome and Introduction

Initial dynamics to connect the group, introduce the role of the "outdoor educator", and assess expectations.

- State of the Art

Review of the latest scientific findings and the effects of these pedagogical practices on learning development.

- Theory of Concentric Circles

Breaking the "classroom vs. wild forest" dichotomy. Understanding the environment as a continuum of learning: the biophilically designed classroom, the playground as a safe training ground, and the local neighborhood/park as an expansion area.

- Learning Ecosystem (Formal, Non-Formal and Informal) and Bloom's Taxonomy

How outdoor environments generate constant "problem-situations" ideal for transdisciplinary learning, along with strategies to raise the cognitive level of outdoor activities.

- The Concept of the "Null Curriculum"

Developing awareness regarding the impacts of educating solely within four walls.

- The Essential Synergy - Outdoor Teaching and Emotional Wellbeing

Identifying and managing teaching fears, while introducing tools from affective sciences to address topics such as weather, group management, and pressures from standardised education.

- Practical Workshop - Experiential Emotional Wellbeing Practice and Session Wrap-Up

Introduction of the first exercise to develop emotional intelligence and management skills, concluding with a group discussion and recap on the final project.

Module 2 - Moving From Expert to Facilitator: Driving Curiosity Through Eco-Social Pedagogy

- Emotional Management and Wellbeing Practice

Ongoing practical application of emotional regulation and self-care strategies.

- Nature as an Active Partner

Introduction to the framework of the "outdoor methodology expert", exploring the foundations of eco-social pedagogy, ecological empathy, and the teacher's

role as a learning partner who recognises the natural world as an active collaborator in teaching.

- Practical Workshop – Practical Laboratory Grouped by Educational Level
Presentation of session methodologies – "Forest School", "Nature Journals", "Wild Pedagogies", "Environmental Socialisation", "Skogsmulle", etc. – followed by real-world case studies to solve using these approaches.

- Activity Adaptations by Educational Stage and Learning Outcomes
- Supported by trainers, educators work individually or in groups to apply these methodologies and take their own classes outside the classroom.
- Session Wrap-Up, Group Discussion and Feedback on the Final Project

Module 3 – Reading the Landscape: Place-Sensitive Pedagogy

- Emotional Management and Wellbeing Practice

Ongoing practical application of emotional regulation and self-care strategies.

- Replacing Lecture Notes: Sensory Ecology

Applying sensory ecology to build synergy between nature and people by discovering different scenarios within the natural world and local environment.

- Practical Workshop – Practical Laboratory Grouped by Educational Level
Presentation of session methodologies – "Place-Based Learning", "Landfullness Framework", "Storytelling", "Environmental Interpretation", etc. – followed by real-world case studies to solve using these approaches.

- Activity Adaptations by Educational Stage and Learning Outcomes
Supported by trainers, educators work individually or in groups to apply these methodologies and take their own classes outside the classroom.
- Session Wrap-Up, Group Discussion and Feedback on the Final Project.

Module 4 – Harnessing Chaos: Navigating Uncertainty and Risk

- Emotional Management and Wellbeing Practice

Ongoing practical application of emotional regulation and self-care strategies.

- Benefits of the Unpredictable

Surprise as a learning situation, and the spontaneity of the environment as a driver of valuable educational moments.

- Practical Workshop – Practical Laboratory Grouped by Educational Level
Presentation of session methodologies – "Inquiry-Based Learning", "Outdoor Adventure Education (OAE)", "Sandseter's Risk in Play Theory", "Open Inquiry with Learning Zones", etc. – followed by real-world case studies to solve using these approaches.

- Activity Adaptations by Educational Stage and Learning Outcomes
Supported by trainers, educators work individually or in groups to apply these methodologies and take their own classes outside the classroom.
- Session Wrap-Up, Group Discussion and Feedback on the Final Project.

Module 5 – The Critical Student-Leader: Critical and Social Reflexivity

- Emotional Management and Wellbeing Practice

Ongoing practical application of emotional regulation and self-care strategies.

- The Community as a Support Network

Creating inclusive logistical routines for non-conventional teaching within the complex socio-cultural, historical and individual contexts of outdoor learning.

- Practical Workshop - Practical Laboratory Grouped by Educational Level
Presentation of session methodologies - "Socio-Cultural Practices", "Service Learning", "Community Partnerships", "Critical Reflection on Worldviews", "Centre and Circle Pedagogies", etc. - followed by real-world case studies to solve using these approaches.

- Activity Adaptations by Educational Stage and Learning Outcomes
Supported by trainers, educators work individually or in groups to apply these methodologies and take their own classes outside the classroom.

- Session Wrap-Up, Group Discussion and Feedback on the Final Project.

Module 6 - Final Project, One Health Approach and Greening of Spaces

- Practical Workshop - Sensory Wonder vs Adult Mindfulness
Adapting forest bathing (shinrin-yoku) and mindfulness for children and adolescents through focused play (active soundscape listening, texture hunts, macro observation).

- Practical Workshop - One Health Approach and the Greening of Spaces
Practical strategies to bring nature into the classroom and transform tarmac playgrounds into climate and pedagogical shelters.

- Final Project

Under the guidance and support of trainers, participants continue and complete their implementation project for their respective educational institution.

- Course Wrap-Up, Group Discussion and Improvement Dialogue



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