

OUTDOOR EDUCATION AND WELLBEING

Course ID Code: 586921



WHO IS THIS COURSE FOR

Designed for teachers and educators who wish to integrate outdoor learning and wellbeing into everyday educational practice

"The best classroom has no walls—every natural space is an opportunity to learn, grow and thrive"

Focused on 6 key areas of outdoor education

Outdoor Learning

Place-Based Learning

Emotional Wellbeing

Risk and Resilience

Eco-social Pedagogy

One Health & Sustainability

Participants explore evidence-based outdoor methodologies through practical workshops, collaborative design and real educational experiences.

METHODOLOGICAL APPROACH

Experiential Learning

ACADEMIC PROGRAMME - 6 PRACTICAL WORKSHOPS

30 hours

Foundations of Outdoor Education

1 Exploring outdoor pedagogy, the "null curriculum", Bloom's Taxonomy and emotional wellbeing in learning

From Expert to Learning Facilitator

2 Eco-social pedagogy, curiosity-driven learning, Forest School approaches and outdoor teaching strategies

Place-Based Learning in Practice

3 Sensory ecology, environmental interpretation and designing learning experiences connected to local environments

Learning Through Challenge and Risk

4 Managing uncertainty, adventure education and inquiry-based learning to foster resilience and engagement

Community, Reflection and Eco-Social Action

5 Service learning, community partnerships, critical reflection and inclusive outdoor educational practices

One Health and Educational Innovation

6 Forest bathing, greening school spaces and developing a practical outdoor learning implementation project



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