



Outdoor Learning

Why Mahtomedi Public Schools Should Incorporate the
Outdoors into Curricula

Acadia Hegedus



Effects

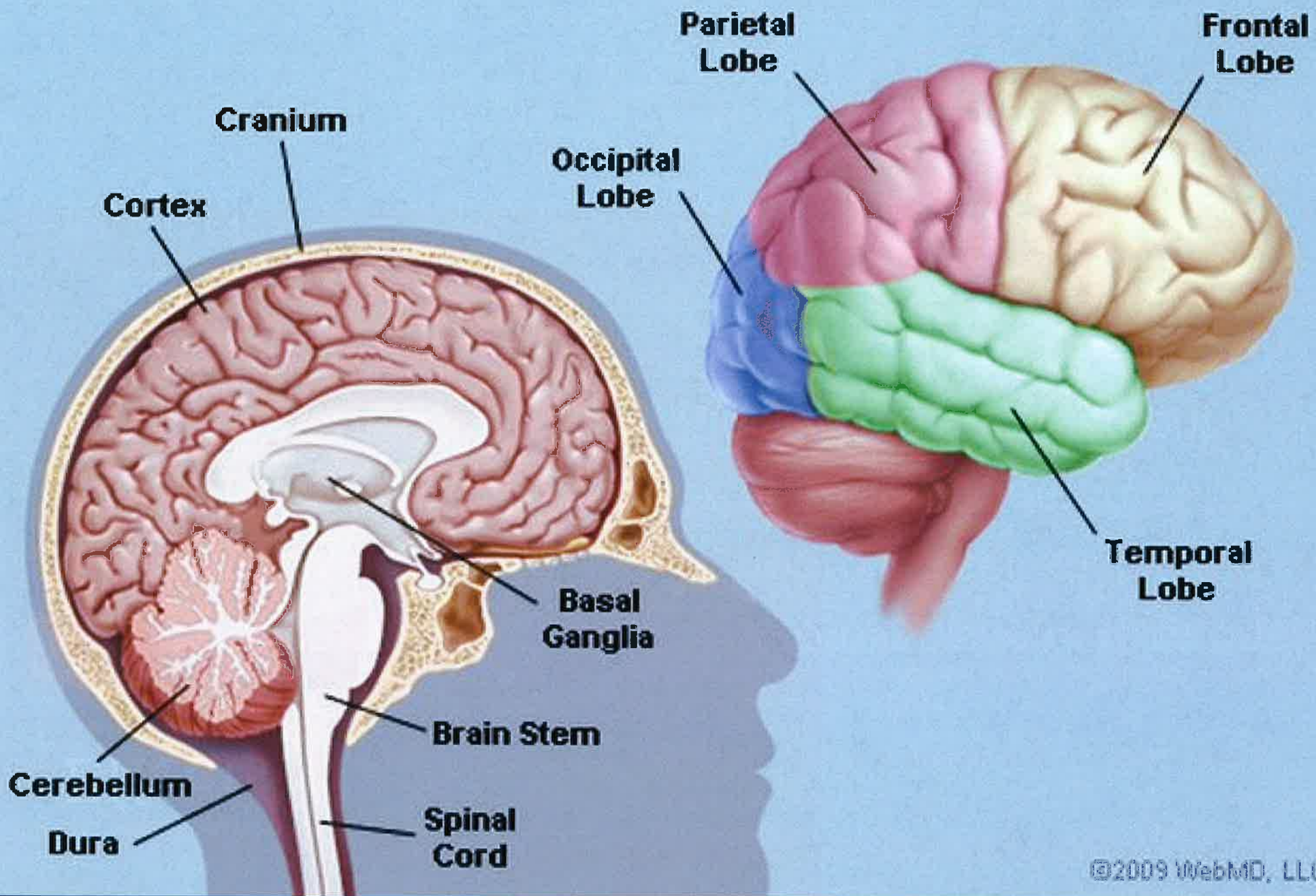
- * **supports creativity**

- enhances cognitive abilities
- reduces ADHD symptoms
- increases physical activity

- improves social relations
- improves self-discipline
- enhances memory

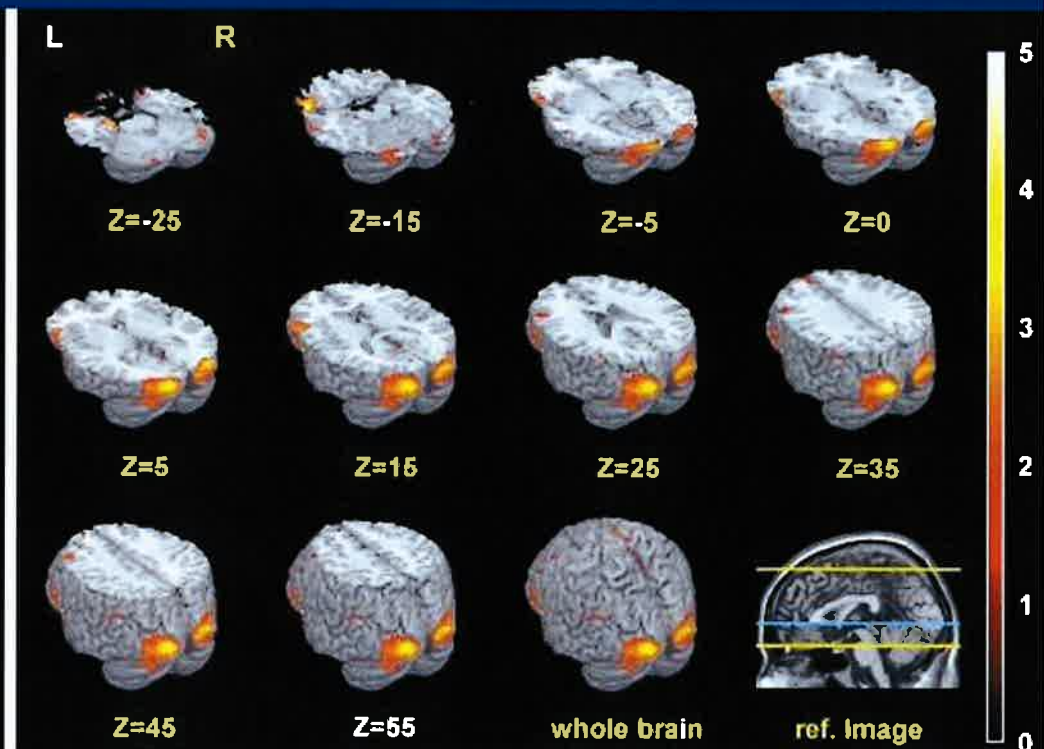
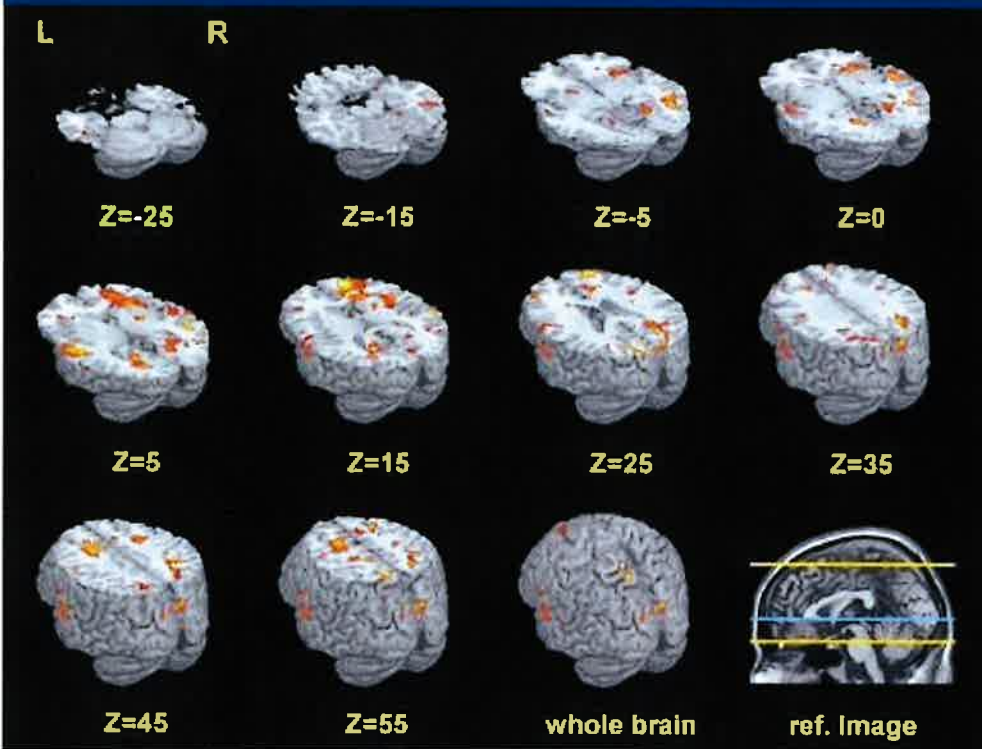
- * **increases engagement**

- * **reduces stress**



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A: Natural Viewing

B: Urban Viewing

Stress Surveys

Name: _____

Date: _____

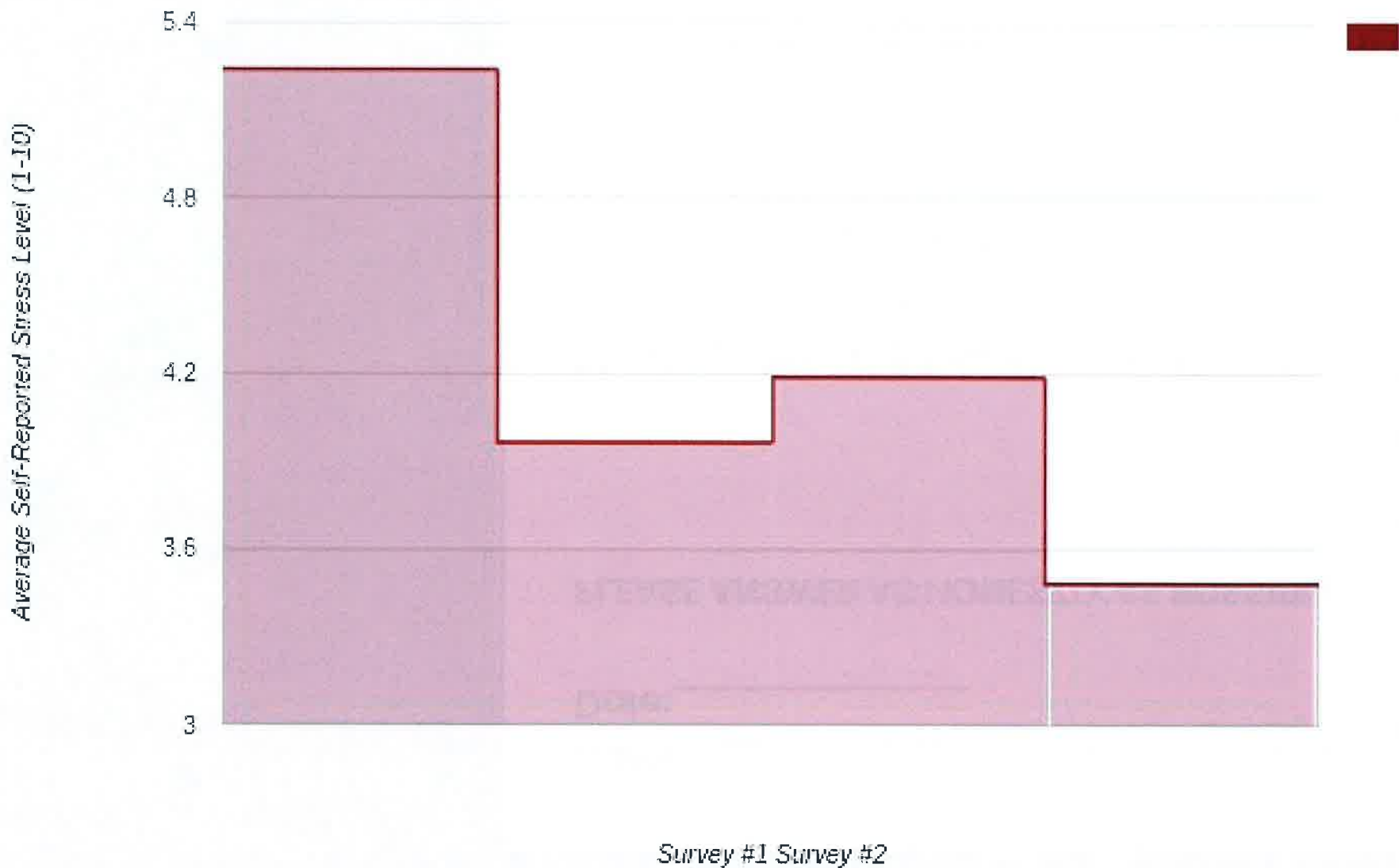
PLEASE ANSWER AS HONESTLY AS POSSIBLE.

My stress level **right now** on a scale 1-10:

(1=absolutely no stress,

10=extremely stressed)

Stress Levels: Before and After



It works...



Why?



Action



Questions?

Citations

Atchley, Ruth Ann, David L. Strayer, and Paul Atchley. "Creativity in the Wild: Improving Creative Reasoning through Immersion in Natural Settings." *PLOS ONE*. Public Library of Science, 12 Dec. 2012. Web. 13 Mar. 2017.

Fagerstam, Emilia, and Jonas Blom. "Journal of Adventure Education and Outdoor Learning." *Taylor and Francis Online*. Informa UK Limited, 18 Jan. 2012. Web. 22 Feb. 2017.

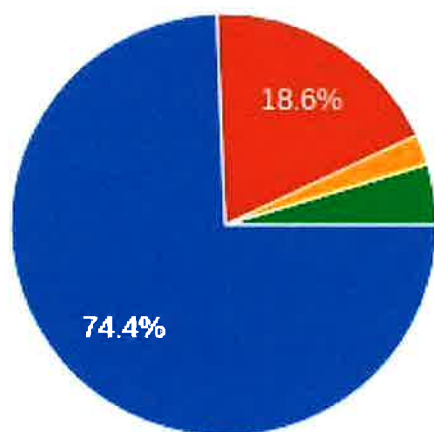
Gwang-Won Kim, Gwang-Woo Jeong, Tae-Hoon Kim, Han-Su Baek, Seok-Kyun Oh, Heoung-Keun Kang, Sam-Gyu Lee, Yoon Soo Kim, Jin-Kyu Song
Korean J Radiol. 2010 Sep-Oct; 11(5): 507–513. Published online 2010 Aug 27.

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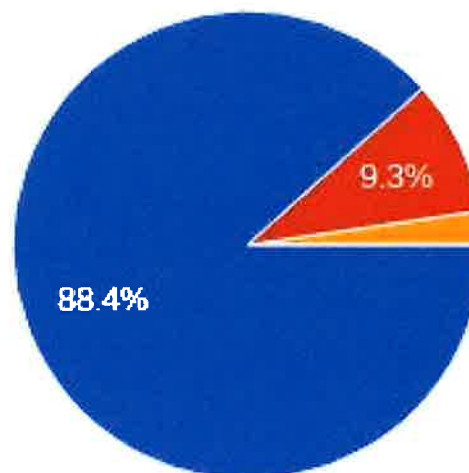
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Outdoor Classroom Usage



- 0 times
- 1-2 times
- 3-4 times
- Other



- 0 times
- 1-2 times
- 3-4 times
- Other

2015-2016 school year

2016-2017 school year

