The Serious Business of Play
Supporting health, wellbeing and learning outdoors
Now and for the future

Rachel Cowper
Thrive Outdoors Programme Manager
Inspiring Scotland
Inspiring Scotland

Formed in 2008, we help essential charities to become extraordinary charities, enabling them to deliver the greatest possible social impact and change the lives of our most vulnerable and disadvantaged people and communities in Scotland.
Inspiring Scotland - Thrive Outdoors?

- Go Play
  - Community focussed
  - Evaluation

- Go 2 Play
  - Community focussed
  - Primary Schools
  - Evaluation and Research

- Thrive outdoors
  - Community Focussed
  - Broader Education Focus – ELC and Primary
  - Evaluation and further Research
  - Influencing and Profile Raising
Thrive Outdoors – Why influencing?

Influence who? About what?

Quiz Time:

• What percentage of children start primary school noted as obese?

• What is the cost to the NHS Scotland for sedentary diseases alone?

• What is MVPA? How much should children do a day in school day?
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The conversation………

• Growing evidence base that recognises that being outdoors and supporting outdoor play based learning . . . .

1. Improves health
2. Improves wellbeing
3. Improves attainment
4. Environmental awareness
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1. Improves physical health
   - Physical activity levels
   - Respiratory health / Fresh air
   - Fundamental Movement Skills
   - Bone density
   - Eyesight
   - Vitamin D
   - #Dirtisgood
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2. Improves well being
   • Confidence
   • Self Esteem
   • Emotional intelligence and regulation
   • Interpersonal skills
   • Contributing to positive mental health
   • Increased resilience
   • and HAPPINESS
3. Support attainment

- develop reflective and inquisitive thinking along with problem-solving approaches in ‘real’ situations
- encourage holistic development of children
- develop resilience and adaptability in occasionally adverse circumstances
- allow children to become more able to identify hazards and risks
- develop collaborative-working and communication skills
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4. Environmental Awareness

• the natural world affords many and diverse opportunities for learning & developing
• develop a love, appreciation and respect for nature and all that is living
• develop an understanding of how we can look after our environment
• It inspires curiosity – the cornerstone of wanting to learn
• Develops empathy and understanding
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A few things happened
1. We had started discussions with Scottish Government
2. Manifesto commitment
3. Testing models

The early years is vital – it’s the foundation on which all else can grow
Consider this....

- Education Scotland
- Curriculum for Excellence
- Learning for Sustainability
- Sustainable Global Goals
- ?
What is learning for sustainability?

• Learning for Sustainability is learning to live within the environmental limits of our planet and to build a just, equitable and peaceful society. It is essential for the well-being of all and is an international priority. (UNESCO, 2013). It is concerned with every level and type of learning and the provision of quality education for all.

• For a school it is 'a whole school approach that enables the school and its wider community to build the values, attitudes, knowledge, skills and confidence needed to develop practices and take decisions which are compatible with a sustainable and equitable world.'

(Learning for Sustainability, The report of the One Planet Schools Group, 2012).
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Not without challenges . . . .

• Culture?

• Training?
  • CPD / PDA
  • Curriculum – fit for purpose?

• Myth Busting & Regulation
However there is potential....a bright and shiny new future.....of your making
“If children do not grow up learning and appreciating the natural world, they won’t understand it. If they don’t understand it they can’t protect it. If they don’t protect it.......who will?”

- David Attenborough
There can be no keener revelation of a society’s soul than by how it treats its children

- Nelson Mandela
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A parents perspective......

https://vimeo.com/115011672
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Play is not frivolous, play is vital for children

It supports health, it supports wellbeing, its supports learning, it promotes creativity, it sparks curiosity, it supports the environment - it is learning for sustainability

and for children - it is fun…….
Thank you

Rachel Cowper
Rachel@inspiringscotland.org.uk
0131 442 8760 / 07889 174163
@Thrive_Outdoors / RachCowps