

LIVING & MOVING GREEN - SUPPORT PACKAGE

Take Me Outside Day



Canadian youth spend an average of eight hours a day in front of a screen. While it is important for 21st century children to be technologically competent, all too often screen time replaces time spent outside. Exploring and being active outside is important for children's physical and mental health as well as for developing curiosity and a relationship with nature.

Take Me Outside Day is celebrated across Canada on the last Wednesday of October. It is an opportunity for schools around the world to spend at least one additional hour outside. There are no rules about what to do during this time. It's completely up to you! It doesn't matter whether your school has lots of green space or none at all. What's important is that students get outside! To get inspired, you can show students this [video](#) about how Take Me Outside Day began. Get excited for getting outside with this fun [grand prize winning video](#) from the 2016 Take Me Outside Video Contest.

Action Plan

Commit. Plan to take your class or school outside for at least an hour on Take Me Outside Day.

Register. You can register your class at the [Take Me Outside Day website](#).

Educate. Teach your students about the benefits of being outside. This could be through announcements, watching videos, or including a note in your school's monthly newsletter.

Example announcement:

"Next Wednesday is Take Me Outside Day, a day to take learning beyond the walls of the school. Did you know that just being outside increases the retention rate for math and language? People with views of and contact with nature score higher on tests of concentration and self-discipline. Learning outside decreases anxiety and increases calm in both students and teachers. These are a just a few of the benefits of learning outside. Take your lesson outside and give it a try!"

Be creative. Imagine different creative ways you can teach your curriculum outside.

Take MATH Outside:

- Nature Math - rocks and sticks make great manipulatives.
- [Pinterest](#) has some great ideas.

Take SCIENCE Outside:

- Go on a sensory nature walk to experience nature with all of your five senses. You could prepare something to taste, like [pine needle tea](#).
- Lie on your back and look for shapes in the clouds.
- Make your own [bird feeders](#) and hang them near your classroom window.



Take ART Outside:

- Draw a tree, flower, or other natural object.
- Use sticks, leaves, rocks, grass, etc. to make a sculpture outside or write your name.
- [Paint the snow.](#)
- Make a [woven rainbow.](#)

Take MUSIC Outside:

- Make your own [musical instruments](#) and have an outside jam session.
- Hold band practice or music class outside.

Take LANGUAGE ARTS Outside:

- Write a Thank You Letter to the Earth, a tree or the air.
- Write a poem, story or journal entry.
- Read a book.

Share. We want to see your stories and photos on social media. Share them using @GreenSchools_NS.

Resources

[Green Schools NS Take Me Outside Day video](#)

[Green Schools NS Nature Scavenger Hunt](#)

[Green Schools NS Beach Activities Support Package](#)

[Green Schools NS Loose Parts Play Support Package](#)

[Green Schools NS Outdoor Lesson Plans Pinterest page](#)

[Green Schools NS Awesome Activities Pinterest page](#)

[Green School Coxheath Elementary Celebrates Take Me Outside Day](#)

[Green School West Northfield Elementary Celebrates Take Me Outside Day](#)

[David Suzuki Foundation 30 x 30 Challenge](#)

[Resources for Rethinking](#)

Books

I Can Save the Earth!: One Little Monster Learns to Reduce, Reuse, and Recycle - by Alison Inches

10 things I can do to Help the World - by Melanie Walsh

How to Help the Earth-by the Lorax - by Tish Rabe

Why Should I Recycle? - by Jen Green

Why Should I Save Energy? - by Jen Green

Why Should I Save Water? - by Jen Green

