



Family Literacy Week

January 25 - January 31, 2021

"Nature is a tool to get children to experience not just the wider world, but themselves" ~ Stephen Moss

Let's be Active: Move! Play! Learn!

Walk with purpose and mindfulness:

- What shapes, spaces, patterns and colours can you find outside?
- What is growing on your walk? What evidence of life do you see?
- What's moving around you? What's on the move?
- What stories are told in your walk? What history can you find?

The Walking Curriculum by Gillian Judson



Outdoor physical activity:

- improves memory and general health
- decreases stress levels
- increases motivation
- increases self-reliance and self-esteem
- enhances social interaction with friends and family
- increases focus and concentration in learning



Learning outside develops the Core Competencies



More literacy learning experiences that can be done outdoors:

- Read outside. Find a special sit spot!
- Hunt for interesting objects in nature and use found, natural materials to create letters or words, or to tell a story.
- Go on a hunt for letters or words in your neighbourhood.
- Read and write like a scientist: make and label observational drawings, create a fact book or create a field guide to show the living things in the neighbourhood.
- Draw and label a map of the neighbourhood.
- Keep a nature journal.

