

Core Skills Analysis

Science

- Explored natural environments and observed living organisms such as plants, insects, or animals outdoors.
- Learned about weather patterns and environmental conditions by experiencing them firsthand.
- Developed basic skills in identifying natural elements and understanding their roles in ecosystems.

Physical Education

- Engaged in physical activity that enhances gross motor skills like running, jumping, or walking.
- Practiced balance, coordination, and spatial awareness through movement in an open space.
- Experienced the benefits of outdoor exercise on health and well-being.

Social-Emotional Learning

- Fostered curiosity and mindfulness by paying attention to surroundings.
- Developed independence and confidence by exploring new environments.
- Practiced patience and calmness while observing nature or waiting during outdoor activities.

Tips

To deepen your child's learning during outdoor activities, encourage them to keep a nature journal where they record observations, drawings, or questions about what they see. Incorporate scavenger hunts to make exploration purposeful and fun, targeting specific plants or animals. Facilitate simple experiments, like measuring shadows to learn about the sun's position or collecting leaves to examine differences. Finally, use outdoor time to teach environmental stewardship by discussing how to care for nature and practice respect for living things, fostering a lifelong appreciation and responsibility.

Book Recommendations

- [I Spy Little Animals](#) by Jean Marzollo: A picture book that encourages young readers to find hidden animals in various natural settings, promoting observation skills.
- [We're Going on a Bear Hunt](#) by Michael Rosen: An adventurous story that inspires children to explore nature and enjoy outdoor discovery.
- [The Tiny Seed](#) by Eric Carle: A vivid tale about the life cycle of a seed and the natural world that supports growth.

Learning Standards

- CCSS.ELA-LITERACY.RI.2.7: Use information gained from illustrations and words in a text to demonstrate understanding of the text.
- CCSS.ELA-LITERACY.W.2.8: Recall information from experiences or gather information from provided sources to answer a question.
- PE2.1.K-2: Demonstrate locomotor skills in movement sequences.
- NGSS 1-LS1-1: Use materials to design a solution to a human problem by mimicking how plants and animals use their external parts to help them survive, grow, and meet their needs.

Try This Next

- Create a nature scavenger hunt worksheet with pictures and names of common outdoor plants,

insects, and animals for the child to find and check off.

- Ask the child to draw or write a short story inspired by something interesting they discovered outside.

Growth Beyond Academics

Spending time outside can enhance a child's sense of independence and boost confidence as they explore new environments. It also encourages curiosity and patience while observing natural surroundings, supporting emotional regulation and mindfulness.