

# Get Outside!

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# Challenges to getting outside

- Outdoor gear: not everyone brought.....
- Thrift store it and explore it!
- There isn't such thing as bad weather just bad outdoor gear!
- Time and schedule
- Regulations
- It is easier to stay in
- Teachers want to stay inside
- Too much snow or ice
- We have to shovel first? (followed by an eye roll!)

# “Nature is human nature’s natural tranquilizer”

- Good for mental health and physical health
  - Not very ok at all
  - Anxiety and depression is helped by being outside
  - Minimum of 30 minutes of exercise a day is healthy
  - We are in a nature deficit
- Movement: moving and learning is connected in the brain....so the more you move the more you learn!
  - Oscillation
  - Rotary
  - Linear
  - Inversion
  - Crashing
  - Heavy work

# Describe Your Perfect Place to Learn and Thrive

Think about:

Smell

Inside/outside

Colors

Texture

Memories

Be descriptive!

# Technology as a hindrance

- Adults check their phones, on average, 2,617 times a day!
- ALL humans should be on tech for only 20 minutes at a time
- Too much technology set your brain up for fight, flight or freeze
- Can turn into an addiction, a form of anxiety, eye strain, rewired brain for survival
- Reduced movement, creativity, fresh air.....what else?

# Play

- Boredom fuels increased imagination and creativity
- How is play different outside? What do they learn outside that is harder to learn inside?
- Loose parts
- Fairy houses
- Forts, tree houses, teepees
- How can you bring the outside in?

# Andy Goldsworthy

- Brainstorm, brainstorm, brainstorm