

Teaching Outdoors: Learning with Nature

Lessons
in Grass

We have a unique opportunity for you we offer you course as part of the Erasmus+ program.

Join us for a week of **immersive hands-on learning**. In this practical course you'll experience outdoor education up close, in the beautiful city of Prague.

Discover the principles and methods of teaching outdoors – why, where, how, and what to teach outdoors. Learn to explore, investigate, and engage with nature. Visit inspiring school and gardens and take your outdoor teaching to the next level.



During the course participants will:

- **Understand the benefits** of outdoor learning for both students and teachers, focusing on cognitive, emotional, and physical development.
- Identify and **overcome barriers** to implementing outdoor lessons.
- Learn how to **effectively prepare and use** outdoor spaces for teaching various subjects.
- **Gain practical experience** with outdoor activities, games, and experiments that can be immediately applied in the classroom.
- Explore the use of **Inquiry-Based Science Education method (IBSE)** outdoors to spark curiosity and scientific thinking.
- **Discover** how nature can enhance both students' and teachers' well-being, improving focus, reducing stress, and boosting overall learning outcomes.
- **Inspire participants** to integrate outdoor learning into their curriculum year-round for a more balanced and fulfilling teaching experience.
- Exchange ideas with international educators and **return with fresh inspiration**.

What awaits you?

STEP OUTSIDE:

Lessons

in Grass

1st STEP

WHY GO OUTDOORS

Discover your own reasons for regular outdoor learning, and gain research-backed resources and arguments that you can use to support your approach.

2nd STEP

OUTDOOR GEAR

Create a list with your students of things you can make or gather for free outdoors, along with what's worth buying (and it won't be much).

3rd STEP

WHERE TO TEACH

Map out, together with your students, all the places around you that can serve as interactive classrooms and explore different ways to use them.

5th STEP

INQUIRY-BASED SCIENCE EDUCATION (IBSE) OUTDOORS

Learn how to apply the IBSE method in outdoor settings to encourage curiosity, critical thinking, and hands-on discovery.

4th STEP

WHAT AND HOW TO TEACH OUTDOORS

Lacking inspiration on what to teach outside? Here, you'll discover and immediately try out ideas. You'll have access to our most popular lessons ready to take outdoor.

6th STEP

OUTDOORS ALL YEAR ROUND

Push your boundaries and learn how to use different weather and seasons to teach with your students.

8th STEP

PLAYING OUTDOORS

How to handle playtime, breaks, and outdoor after-school activities? Why just being outside and giving kids the initiative and responsibility matters? Enjoy even more relaxation, creativity, and play outside.

7th STEP

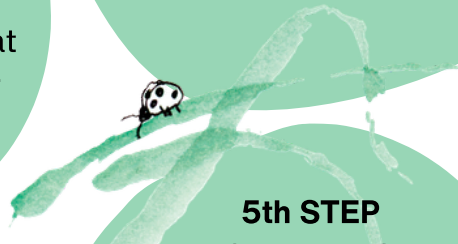
ASSESSING OUTDOOR LEARNING

When should you focus on outcomes, processes, or group dynamics during outdoor lessons? How can you involve students in the evaluation process?

9th STEP

WELL-BEING OUTDOORS

Experience your own "natural spa." Discover ways to boost the well-being of both you and your students through nature, making your teaching more effective and enjoyable.



Methodology:

Theoretical Foundation:

The seminar begins with a brief but comprehensive **introduction** grounded in scientific research. Participants will learn about the **positive effects** of **outdoor learning** on children's cognitive and emotional development.

Studies highlighting the impact of nature on **reducing stress**, **enhancing concentration**, and **improving well-being** will be discussed.

This **theoretical base** will guide the practical applications throughout the seminar.

Research-Based Insights into Play and Movement:

We will integrate **evidence** on the **importance of play** and **physical activity** for healthy child development.

Through brief presentations, participants will understand how **movement** and **unstructured outdoor play** foster creativity, problem-solving, and social skills.

These insights will set the stage for the following practical activities.



Practical Application and Resource Insights:

Participants will focus on **essential tools** for outdoor teaching, with a demonstration of **useful materials**.

We will provide tips on how students can create their own tools from **recycled materials**, ensuring outdoor lessons are **resource-efficient** and **accessible**.

Peer Learning and Reflection:

Throughout the seminar, space will be provided for participants to **reflect** on their learning, **ask questions**, and **share ideas**.

Open discussions and peer-to-peer feedback will encourage mutual inspiration and support.

Outdoor Learning with the IBSE Method:

Participants will explore how to apply the **IBSE** (Inquiry-Based Science Education) method outdoors, **fostering curiosity** and encouraging students to **engage in scientific exploration** through direct interaction with their natural environment.

This will be practiced through **inquiry-based tasks**.



Experiential Learning:

Hands-on, outdoor activities will be the core of the seminar. Participants will actively engage in **games, exploratory exercises, and experiments** that can be directly applied in their teaching in various subjects (Science, Math, Languages, Art, History).

This approach ensures they experience the benefits of outdoor learning **firsthand**.



Collaborative Problem-Solving:

Using **group discussions** and **brainstorming sessions**, participants will identify the barriers to outdoor learning in their own contexts.

Through guided facilitation, they will **collaboratively** explore creative solutions, making the seminar tailored to their needs.

Well-being Focus for Students and Teachers:

Explore how nature can not only support students' well-being but also help teachers **manage stress** and **enhance** their **personal sense of satisfaction**.

Tools and learning resources:

- Print and offline materials: **worksheets, publications**
- Basic **outdoor teaching tools, materials** and **nature objects**; we will provide tips on how students can create their own tools from **recycled materials**, not expensive tools are needed.
- **Videos** and **photos** from lessons; examples of good practise
- The course contents will be shared in a **digital format**; **Google Drive access** will be given to participants, so they can **download** everything that has been received during the training time.

Target group:

This course is intended for **kindergarten, primary, and secondary school teachers**, as well as **environmental education practitioners, adult educators**, and anyone involved in both **formal** and **non formal education** who is interested in the course topic.

Group size: 15 - 20 participants

Location:

Prague, **TEREZA Educational Centre**
Haštalská 17, 110 00 Praha 1

Learning time:

25 hours: Monday – Friday
everyday from 9:00 to 15:00
(with 1 hour lunch break)

Language: English

Certificate:

All participants will receive a **Certificate of Attendance** and **Europass confirmation**.



COST: 520 EUR per participant

Including:

- course fee
- learning materials and equipment
- organizational support before, during and after the course
- certificate of attendance
- coffee breaks (Monday- Friday)

What is not included:

- accommodation, meals, transport to the venue and local transport is not included in the course fees.
- Participants arrange their own accommodation; we are happy to support you with recommendations.



Getting to Prague: Prague is easy to reach by **international transport**

- By **plane:** **Václav Havel Airport Prague**
- By **train:** **Prague Main Railway Station** (Praha hlavní nádraží)
- By **bus:** **Prague Central Bus Station** (Florenc)

All of these transport hubs have convenient **public transport** connections to the city centre.

Free time activities:

- For inspiration on things to do in Prague, including **sights**, **cultural events**, and **activities**, you can visit the official **Prague visitor website:**
<https://prague.eu/en/>
- We will also give you up-to-date **recommendations** for the time of your visit.

About organizers:

TEREZA is an educational center that has been connecting young people with nature for over 45 years. We create **environmental education programs** for children and students, inspire teachers and parents.

Our aim is to move education and society towards **sustainability**.

Over 1,400 schools in the Czech Republic participate in our programs, and each year we impact more than **230,000 children and students**.

We can help you teach outside. We have started a movement in our country.

Today thousands of teachers, parents and other educators go out on a regular basis using our materials and support.

Now we are looking to help more people find their way outside.

We want to **support you on your way outside**, too.

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Organization ID of TEREZA: E10249703

