



Field Studies
Council

Primary Outdoor Learning Resources



Consider the impact of delivering this activity outdoors

Wellbeing Bingo

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

<p>Sung in the shower</p>	<p>Played with a furry friend</p>	<p>Had a good sleep</p>	<p>Spent some time with my family/friends</p>
<p>Listened to my favourite tune</p>	<p>Read a good book</p>	<p>Watched a great movie/TV show</p>	<p>Eaten something delicious</p>
<p>Done some exercise</p>	<p>Stayed hydrated</p>	<p>Drawn a picture</p>	<p>Laughed until my cheeks hurt</p>
<p>Spent some time in a park</p>	<p>Danced</p>	<p>Treated myself</p>	<p>Visited somewhere new</p>

Illustrations by Jen Springall

Well-being bingo is an activity that could be done inside, but consider what benefits there are to moving this activity outside?
<https://www.youngminds.org.uk/media/cl3je1wu/wellbeing-bingo.pdf>

Have a go yourself: use this adapted well being bingo, go outside and reflect on your week. How do you feel about being outside whilst doing this?

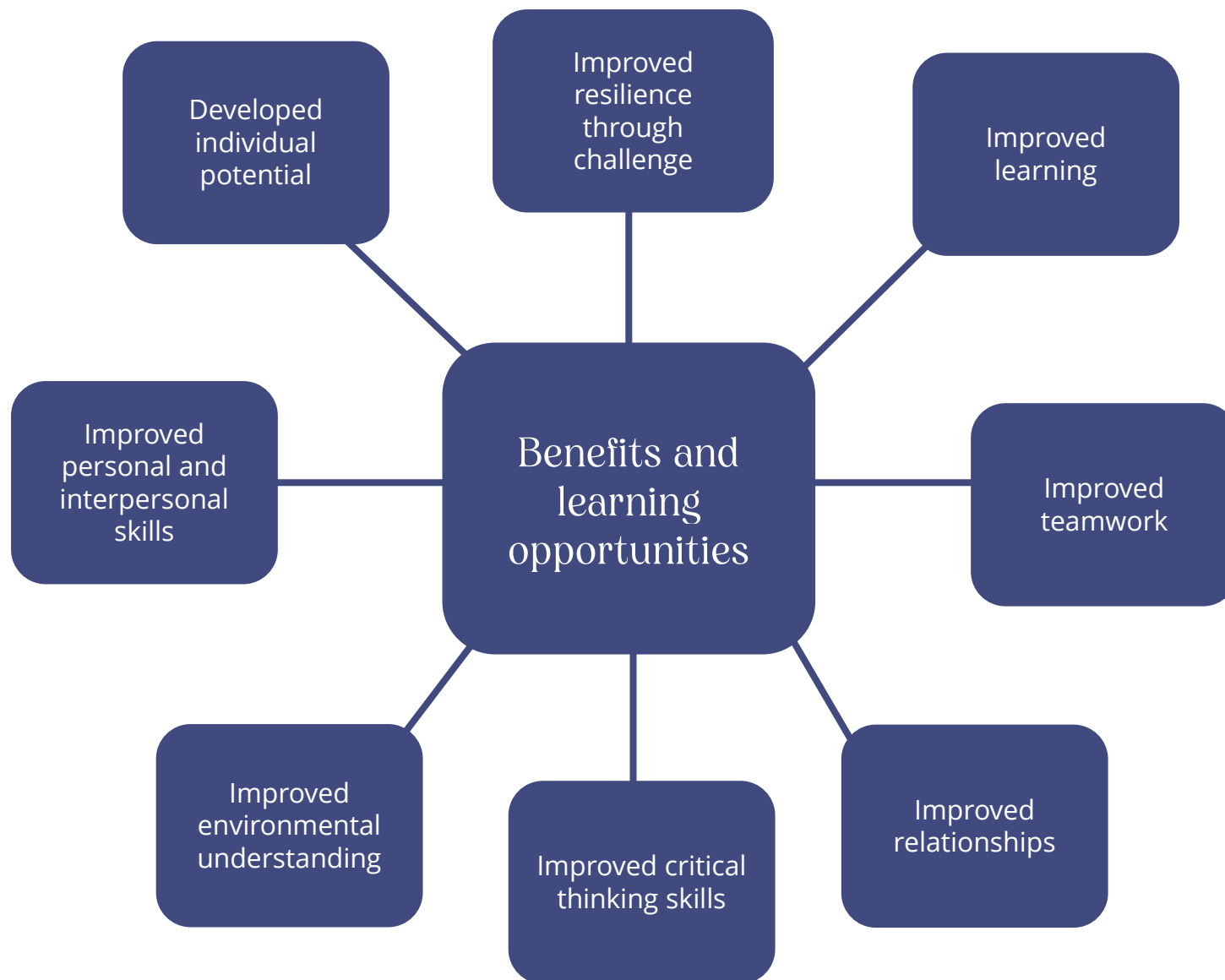
Not used my phone in the hour before bed	Spent time with people who make me laugh	Had 8 hours sleep
Read a book every 2 weeks	Gone for a bike ride or walk.	Did something nice for someone else
Gone outdoors for a work meeting	Asked for help when I need it	Noticed 5 good things in nature

Consider the impact of delivering this activity outdoors

- **Students might be more relaxed** Studies show that even short periods outdoors (as little as 20 minutes) can lower cortisol levels, reducing stress and promoting relaxation. The natural environment has a calming effect, improving mood and increasing feelings of happiness.
- **Students might feel less pressured to give a “correct” answer in a setting perceived as being more relaxed.**
- **Improved Focus and Attention:** Natural environments can replenish attention spans and reduce stress, leading to improved concentration and engagement in learning activities.
- **Students might be encouraged to think of other wellbeing impacts of nature and be encouraged to be more adventurous.**



What are the benefits?



Consider an outdoor learning activity you have taken part in or led., map examples of how these opportunities can be incorporated.

What are the benefits?

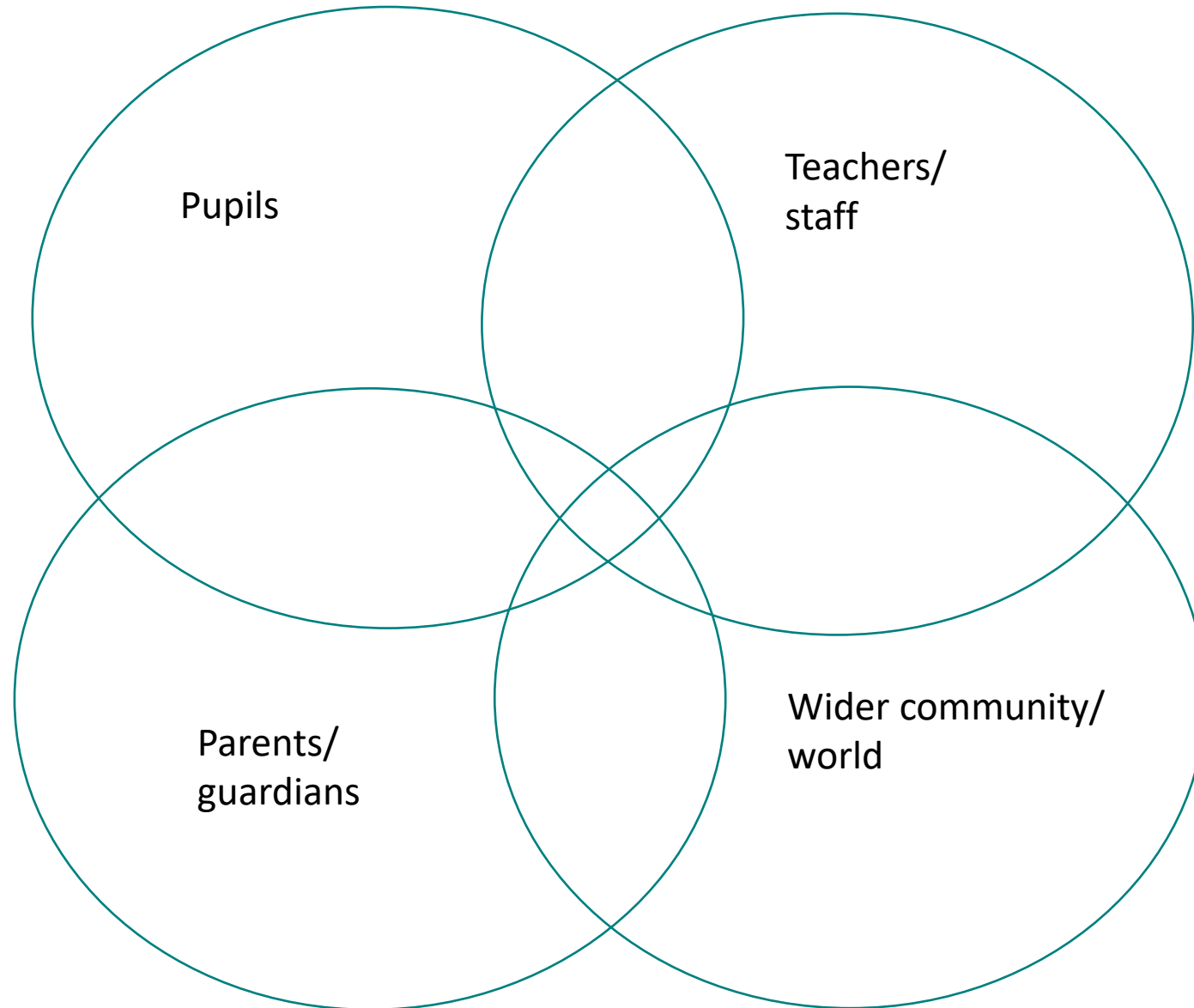


The Institute of Outdoor Learning have excellent informed research about the long-term impacts of outdoor learning in terms of outcomes, benefits and behaviour change. [About Outdoor Learning](#)

Who are the beneficiaries?



Who are the beneficiaries?



For the benefits below and any others you can think of, complete a Venn diagram to consider who benefits from these experiences:

- Health and wellbeing
- Enjoyment of nature
- Developing resilience
- Academic improvement
- Lifestyle choices and sustainability awareness
- Increased sense of place / belonging