

Resources for Educators and Families on Outdoor Play and Learning

Below is a list of some of our favorite resources to support you in getting connected, informed, inspired and empowered about outdoor play and learning so you can become an advocate for time outdoors in nature for all children. If you feel there's a resource we are missing, please reach out and we will add it to list to share with others.

YPCE- Organization Resources

[What is a YPCE Nature Program?](#) YPCE YouTube

[Why Going Outside Matters](#) YPCE YouTube

[Why Outdoor Learning Matters](#) YPCE YouTube

[The Importance of Wonder and Joy](#) YPCE YouTube

[YPCE Educators Open the Doors to Outdoor Learning](#) YPCE YouTube

[Dressing for Winter](#) YPCE YouTube

Nature Learning and Play Resources

[Learn about Forest and Nature School](#) – Child and Nature Alliance of Canada

[A Canadian Perspective of outdoor and Nature-based Learning](#) Child and Nature Alliance of Canada

[Blog – Child and Nature Alliance of Canada](#) – Child & Nature Alliance / Forest School Canada

[From Muddy Hands and Dirty Faces...to Higher Grades and Happy Places](#) – Outdoor People

Environmental/Weather Resources

[Mount Albert Weather & Weather Alerts](#)– The Weather Network

[Newmarket Weather & Weather Alerts](#)– Environment Canada

[Positive Ways to Talk to Kids About the Weather – Backwoods Mama](#) Backwoods Mama

[How to Help Kids Get Outside in "Bad" Weather: 12 Strategies \(getthekidsoutside.com\)](#)

Risky Play

[Podcast: Dr. Mariana Brussoni on the value of risky play](#) – Active for Life

[Stop Telling Kids to “Be Careful” and What To Say Instead](#) – Backwoods Mama

[Go climb a tree: Forest School teaches kids how to safely engage in 'risky' play](#)- CBC News

[Forest schools and risky play](#) – Marlene Power Forest and Nature School Canada

[Risky Play and its importance in Forest Schools programs for Learning and Development](#) Get Children Outdoors

[6 categories of Risky Play](#) Ellen Sandseter's 6 categories of Risky Play

Indigenous Resources

[Native-Land.ca | Our home on native land](#)

[ETFO-Cultural-Appropriation-Revised-2022.pdf](#)

[Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants](#)

[EA_indigenous-games-for-children-en.pdf \(csf.bc.ca\)](#)

[The Importance of Indigenous Perspectives in Children's Environmental Inquiry - YouTube](#)

[Outdoor Learning \(weebly.com\)](#)

[Going-Beyond-A-Land-Acknowledgement-FINAL-VERSION.pdf \(etfofmi.ca\)](#)

[teacher_guide_2019_final.pdf \(native-land.ca\)](#)

[Indigenous Knowledge and Perspectives in K-12 Curriculum | Building Student Success - B.C. Curriculum \(gov.bc.ca\)](#)

Health Resources

[Sun Safety Tips for Kids – Children's Health](#)

[Sun safety - Canada.ca](#)– Government of Canada

[Lyme Disease | York Region](#) Ticks and Lyme Disease Facts

[How Can I Protect My Family From Ticks?](#) Kids Health

[Hypothermia | Winter Weather \(cdc.gov\)](#) Frost Bite

[Environment Canada: Avoiding Frostbite, Understanding the Lowdown on Windchill](#)

[Extreme Cold | York Region](#)

[4 myths debunked about outdoor play and children's health - Play Scotland](#) [Bundle Up and Get Outside: Your Kids Should Play Outdoors in Winter - The Good Men Project](#)

Mental Health Benefits

[Nature and Why It's Essential For Kids' Brains: Information for Parents and Caregivers](#)

[Nature Plays Key Role in Kids' Mental Health, Study Says \(verywellmind.com\)](#)

[Kids' Disconnect With Nature Increases Mental Health Disorders](#)

[Outdoor Play: Mental Health Benefits, How to Tips](#)

[How Outdoor Play Improves Mental Health](#)

Physical Health Benefits

[Canadian 24-hour Movement Guidelines](#) Canadian Society for Exercise Physiology

[Position Statement on Active Outdoor Play](#) – Child & Nature Alliance & Others

[How artificial light is destroying your children's health – VivaRays](#)

[Research shows eyesight epidemic for children caused by lack of time outside](#) [The Benefits of Learning Outdoors](#)

Nature Based Activity Ideas

[Earth Day Canada](#) – Earth Day Canada

[Outdoor Play Canada Resources](#)– Outdoor Play Canada

[Embracing Messy Play: Advice From a \(Recovering\) Type A Parent](#) – Rain or Shine Mamma

[Developmentally Appropriate Nature Play for Ages 0-2](#) – Wike Baby

[Wilder Child - Nature-Connected Parenting](#)– Wilder Child

[1 hour Nature Activities](#)- Green Hour

[Back to Nature Network](#) Back to Nature Network Ontario

[Natural Curiosity | Educator Resource for Environmental Inquiry](#) OISE Toronto

[63 Outdoor Learning Activities](#) Hands-on Teaching Ideas

Books: Here are some great reads that are inspirational.

[The Sense of Wonder](#) by Rachel Carson

[The Geography of Childhood: Why Children Need Wild Places](#) by Gary Paul Nabhan and Stephen Trimble

[Last Child in the Woods](#) by Richard Louv

[Your Brain on Nature](#) by Eva M. Selhub and Alan C. Logan

[The Nature Principle](#) by Richard Louv

[Free-Range Kids](#) by Lenore Skenazy

[Under Pressure: Putting the Child Back in Childhood](#) by Carl Honoré

[Toxic Childhood](#) by Sue Palmer

[Kith: The Riddle of the Childscape](#) by Jay Griffiths

[The Hundred Languages of Children: The Reggio Emilia Experience in Transformation](#) by Carolyn Edwards, Lella Gandini, and George Forman, Eds.

[Nurture Through Nature: Working with Children Under 3 in Outdoor Environments](#) Claire Warden, Mindstretchers, 2007

[Sharing Nature with Children](#) Joseph Cornell, Dawn Publications, 1998

[The Geography of Childhood: Why Children Need Wild Places](#) Gary Nabhan and Stephen Trimble, Beacon Press, 1995

[Great Outdoors: Restoring Children's Right to Play Outside](#) Mary S. Rivkin, Natl Association for the Education, 1995

[The Nature Principle: Human Restoration and the End of Nature-Deficit Disorder](#) Richard Louv, Algonquin Books, 2011

[The Power of Play: Learning What Comes Naturally](#) David Elkind, Da Capo Press, 2007

[Reclaiming Childhood: Letting Children Be Children in Our Achievement-Oriented Society](#) William Crain, Holt Paperbacks, 2004

[Cultivating Outdoor Classrooms: Designing and Implementing Child-Centered Learning Environments](#) Eric Nelson, Redleaf Press, 2012

[Dirty Teaching: A Beginner's Guide to Learning Outdoors](#) Juliet Robertson, 2014

[Beyond Ecophobia: Reclaiming the Heart in Nature Education: 3043](#) David Sobel, Orion Society, 1999