

**Theme: GO DAY**

**Educational Resources: 7<sup>th</sup>- 12<sup>th</sup>**

**Title: Take It Outside**

**Subject: Any**

**Prep Time: 10 minutes to choose a location, gather materials and notify the office**

**Activity Time: Up to One Class Period**

**Activity Description:**

The purpose of this activity is to teach students that a change of location is good for your physical and mental health and can enhance students learning.

Direct Instruction –

Teachers explain to students that introducing different natural environments to students can help them think better and build well-rounded perspectives, including improving academic performance and critical thinking. Let the students know that they are going to gather their needed materials and have class outside. Teachers might consider letting students know that this activity may be repeated based on their behavior.

Explain that exposure to nature, fresh air, sunshine can enhance any activity. Tell students to take time to focus on breathing in the good oxygen, feeling the sunshine on their skin, and noticing the other natural elements around them before you begin the lesson.

Group Activity –

Teachers conduct their normal class in an area outside. Make sure there is adequate seating (on the grass, benches or other area) and all students can be seen and heard during the lesson.

Partner Activity-

After the lesson, give the students about 5 minutes to list with a partner all the things they learned.

**Outcome Measurement:**

Ask students to give a thumbs' up, middle or down to answer the following question. "How do you think your learning was affected by the new environment for this lesson?" Up means better, middle means the same and down means worse. If the responses were not mostly up, discuss with the class how repetition can make it better.

**Sources:**

SevenDays® Inc.

[The Nature Conservancy](#)

**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards
  - Character Development- Responsible Decision Making and Problem Solving
  - Personal Development- Self-Management
  - Personal Development- Self- Awareness

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**\*\*Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**