

# CASE STUDY -

## Outdoor Education

### Empowering Youth through Outdoor Education

Children around the world are spending less time outdoors today than maximum security prisoners.

*Source - Free The Kids - Unilever (2016)*


Outdoor learning should be part of every school day. Being out in fresh air, whatever the weather has a huge benefit to children and young people. Outdoor education improves education outcomes and is essential to health, well-being and learning.

#### **The Solution:**

The Caldecotte Xperience is dedicated to empowering young people through outdoor adventure. As a leading centre of fully inclusive activities, Action4Youth is focused on improving young people's lives.

At The Caldecotte Xperience, the great outdoors becomes a classroom where young people of all abilities discover adventure, resilience, and teamwork. Focussing on what young people can achieve rather than their limitations, to fully embrace and promote the huge benefits of outdoor education for children with Special Educational Needs (SEND) and other complex needs. From Paddle Boarding, Zorbing, to Bushcraft, climbing and more, new opportunities are opened up for young people.

The Caldecotte Xperience enables young people of all abilities to learn to challenge themselves, have fun and work together discovering what they can achieve rather than what they can't. The Caldecotte Xperience has some of the best facilities in the region and provides an enormous variety of outdoor learning activities that are accessible and adaptable for all abilities and needs. *Schools are influencers of making outdoor play part of every child's day.*

A young child with dark, curly hair is looking out of a window. The child is wearing a dark blue shirt. The background is dark, suggesting it might be nighttime or the child is looking out from a shaded area.

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*Free the Kids Unilever (2016)*



## **The Transformative Power of Outdoor Education**

### **Enhancing Mental Health and Wellbeing:**

Engaging with nature and outdoor activities has been scientifically proven to have positive effects on mental health. The Caldecotte Xperience provides an time away from screens, promoting mental wellbeing and emotional resilience.

### **Building Confidence and Self-Belief:**

Overcoming challenges and accomplishing outdoor activities young people may have never done before, nurtures a profound sense of accomplishment, boosting self-esteem and self-belief. Young people gain the confidence to tackle obstacles and this can provide a takeaway of how to manage their uncertainties in other aspects of their lives from home, at school and even their social interactions.

### **Fostering Resilience:**

Outdoor education encourages young people to step out of their comfort zones. This resilience equips them with valuable life skills to navigate challenges as they progress through.

### **Promoting Social Interaction and Teamwork:**

Collaborative activities in the outdoors teaches young people the importance of communication, cooperation, and teamwork. The bonds forged through shared experiences contribute to healthier social interactions and relationships.

### **Cultivating a Lifelong Love for Learning:**

The hands-on, experiential approach of outdoor education sparks a love for learning outside of the traditional classroom setting. Young people develop a genuine curiosity and appetite for exploration.

## Results/ Conclusion:

In a GOV.UK report said that 92% of teachers surveyed said that pupils were more engaged with learning when outdoors and 85% saw a positive impact on their behaviour after being involved in an outdoor education project.

92% of pupils involved in the project said they enjoyed their lessons more when outdoors, with 90% feeling happier and healthier as a result.

## Key findings:

- 72% of children said they got on better with others.
- 93% of schools said outdoor learning improves pupils' social skills.
- 85% of schools saw a positive impact on behaviour.
- 90% of staff surveyed found outdoor learning to be useful for curriculum delivery.
- 72% of schools reported that outdoor learning had a positive impact on teachers' health and wellbeing.
- Outdoor education is proven to Gets kids more active and creates healthier kids
- Helps improve mood, decreases stress and anxiety and helps with managng emotinos

More than anything, outdoor play makes young people happy, and happy young people and children thrive.

Source: England's largest outdoor learning project reveals children more motivated to learn when outside - GOV.UK ([www.gov.uk](http://www.gov.uk))

The Caldecotte Xperience Centre Manager, Rich Wyatt, stated

***"The Caldecotte Xperience is a beacon of empowerment, embracing diversity and championing the potential within every young person. We firmly believe that outdoor education is a powerful tool supporting all young people regardless of their ability and needs, it nurtures well-rounded individuals who are prepared to embrace life's challenges with resilience and enthusiasm."***

The Caldecotte Xperience is open all year with activities and Adventure Clubs on every school holiday. [You can book here.](#)



  
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4YOUTH**