

INSPIRING SCOTLAND

thrive
Outdoors

Outdoor nurseries

the potential for children and the environment to thrive

Rachel Cowper
Thrive Outdoor Programme Manager

Inspiring Scotland

Formed in 2008, we help essential charities to become extraordinary charities, enabling them to deliver the greatest possible social impact and change the lives of our most vulnerable and disadvantaged people and communities in Scotland.



Engaging Children and Young People with nature and the outdoors.



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Health?



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Wellbeing?



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Environment?



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Early Years?

Pre-schoolers should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including.....

active and outdoor play. The more the better.

The 180 minutes should include **at least 60 minutes of moderate-to-vigorous** intensity physical activity







Opportunity?

- Childcare in Scotland is changing
 - expansion = opportunity
- National Health and Social Care Standards
- Out to Play, My World Outdoors



Fully Outdoors

- Was 18
- now 31
- and more in the pipeline
....between 7 and 30



OUT TO PLAY

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Practical guidance for creating outdoor play experiences in early learning and childcare

 TheScottishGovernment

 @ScotGov

www.gov.scot



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What can we do?

Playing outdoors is fundamental

All children and young people have the right to play and the right to learn as enshrined in the UN Convention on the Rights of Children.

Playing outdoors enhances learning and is fundamental for children and young people to thrive in health, wellbeing and development.

It is our shared responsibility to support and enable all of Scotland's children and young people to access our diverse greenspaces and natural landscapes and to empower them to enjoy these spaces for the purposes of playing and learning. We commit to working together to meet these responsibilities.

Playing and learning outdoors is life-enhancing.



“If children do not grow up learning and appreciating the natural world, they won’t understand it.

If they don’t understand it they can’t protect it.

If they don’t protect it.....who will?”

- David Attenborough

There can be no keener revelation of a society's soul than by
how it treats its children

- Nelson Mandela

Thrive Outdoors

Outdoor play is not frivolous, it is vital for children.

It supports health, it supports wellbeing, it supports learning, it promotes creativity, it sparks curiosity, it supports the environment - it is learning for sustainability

and for children - it is fun.....

Thank You

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