

St. John XXIII

Nature Based Programs



Why Nature Programming?

- Children have a natural curiosity about the world around them. Letting them explore their capabilities and taking risks helps them evolve into strong, capable, resilient autonomous citizens.
- Connecting children to nature fosters rich learning experiences, ecological literacy and healthy living. This supports their executive functioning skills, builds strong brain functioning, self regulation and life skills.



Time spent in natural environments has been proven to be beneficial for both child development and for the physical and emotional health and wellbeing of all age groups. Outdoor learning and play are essential ingredients to a healthy childhood.

A growing body of research indicates how learning and playing outdoors can improve cognitive functioning, reduce student and teacher stress, improve attention, boost mental health, raise test scores and ignite a sense of wonder.



WHAT CAN BE DONE OUTSIDE?

REGULATION



MINDFULNESS

ART



NUMERACY



LITERACY

LAND BASED
LEARNING



Programs available at St. John XXIII

Nature Kindergarten: Tuesdays/Thursdays and scheduled Fridays. Children should be enrolled in a Monday/Wednesday regular program. Cost for the Nature Kinder program is \$425/month

Grade 1 and 2 Nature Program: Monday and Wednesday half days outside. Cost for the Gr.1 and Gr. 2 Nature program is \$200/month



Connecting children to nature by fostering rich learning experiences, ecological literacy and healthy living.

