



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



ART



MINDFULNESS



NUMERACY



LITERACY

LAND BASED
LEARNING



Programs available at St. John XXIII

Nature Kindergarten: Mondays/Thursdays and scheduled Wednesdays. Children should be enrolled in a Tuesday/Friday regular program. Cost for the Nature Kinder program is \$350/month.

Grades 1 - 4 Program: 2 half days a week and 1 full day a month outside. Cost for the Grades 1 - 4 Nature program is \$60/month

This fee can be paid online through your school engage account and will pay for your child's :

- All field trip fees
- Transportation to field trips
- Certified and professional staff
- Materials and resources used in the program
- An educational experience that will enrich their lives

