

THE IMPACTS OF NATURE ON LEARNING AND WELL-BEING

These cards present the effects of the natural environment on well-being and learning. You can use them as a discussion aid when introducing the topic to your work community or when teaching it to your chosen target group. The cards are intended especially for education professionals and students in the field.

Discussion tips:

1) What are the benefits?

Guide participants to reflect independently: We are all different, what benefits do you get from nature for learning and well-being? Ask each person to share their spontaneous thoughts with a partner. Then hand out the cards and ask them to look through them: Are there benefits listed that they had not previously recognised in themselves or in teaching situations?

2) True or not?

Hand out the cards to pairs: 1–3 cards to each pair. Guide the discussion with these questions: Do you think the statement on your card is true? Have you observed it in your own teaching, work, or other areas of life? Form a circle. Each pair reads their cards aloud and briefly shares their reflections on how the statements show up in real situations. Encourage the use of concrete examples from personal experience.

3) Are there any overarching themes?

The effects of nature on well-being and learning are divided into five categories on the cards. Distribute the cards randomly to individuals or pairs. Ask them to form groups based on the card colours. Guide each group to identify and name a possible common theme. Have they noticed the effects described in the cards in their own work? Each group then presents their theme and their own observations to the others.

All statements on the cards are based on research. However, they may not be experienced by everyone in every situation, even when the conditions are favourable. Allow room for open discussion and reflection.

Want to learn more about the topic?

Kuo, Barnes ja Jordan (2019): Do Experiences With Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship. *Frontiers in Psychology*.
www.frontiersin.org/articles/10.3389/fpsyg.2019.00305/full

Finnish summary of the study by Kuo, Barnes and Jordan:
www.luontokoulut.fi/ulkona_oppimisen_hyodyt

**THE IMPACTS
OF NATURE ON
LEARNING AND
WELL-BEING
card set**

HALTIA  SYKLI

A

**Learning
processes
improve when
there is more
nature around**

HALTIA  SYKLI

A

**Learning in
nature is
more effective
regardless of
the subject
being taught**

HALTIA  SYKLI

A

**Activity
in natural
environments
increases daily
physical activity**

HALTIA  SYKLI

B

**Natural
environments
improve
attention**

HALTIA  SYKLI

B

**You can
concentrate
better in
a natural
environment**

HALTIA  SYKLI

B

Being in
nature
reduces
stress

HALTIA  SYKLI

B

Outdoor
environments
are more
peaceful for
activities

HALTIA  SYKLI

C

Collaborative
environments
create good
conditions for
learning

HALTIA  SYKLI

C

Social
interaction
increases in
natural outdoor
environments

HALTIA  SYKLI

C

Nature helps
strengthen social
skills

HALTIA  SYKLI

C

Nature enhances
communication
skills

HALTIA  SYKLI

D Nature is often a better environment for practical assignments than indoor spaces

Differentiated teaching is easier in natural environments

E Persistence develops in natural environments

E Self-regulation skills are strengthened in nature

E In natural environments learners often have more autonomy

Participation increases in natural environments