



# Emma Lyddon

Embracing the outdoors: Creating an outdoor environment to build confidence and learn about nature

## Impact...

- Creating a respect and understanding of nature and the environment
- Empowering the children through offering options and choices
- Developing imaginative skills and role play outdoors
- Involving the environment in building children's confidence
- Learning about seasonal changes through immersive outdoor play

## Background

In Carmarthenshire, a registered childminder has shifted the focus of her setting from indoor play; promoting creativity and independence in nature, and an increased engagement in imaginative play.

## What's changed?

Small grants have helped turn an outdoor play area into reality. This included:

- bikes and ride on's, messy play, a tuff tray, mud kitchen and waterwall
- climbing equipment and balance beams
- an exploration table with seasonal outdoor items and magnifying glasses
- a slide, swings and a see-saw

The children can also explore an old canoe, loose piping, guttering and tyres. There's even a stage to encourage role play.

Emma's family also pulled together and built all the outdoor equipment themselves!

Emma has demonstrated how outdoor play can have a positive impact on children's physical, mental and social well-being, as well as their learning and development. In offering a variety of outdoor activities, Emma has built curiosity and confidence in the children, whilst internalising an appreciation for our environment from a young age.

“ *The children have all developed such an amazing confidence in the outdoors and it's a real pleasure and so rewarding to see them happy and confident in the outdoor areas and always engaged in what interests them.* ”