

1

Form
working
group

2

Audit:
using the
blank poster

3

Design
research
process

4

Get ethics
consent

5

Questionnaires

6

Mix & match:
creative
methods

7

Add it up

8

Present
results

9

Review

10

Plan next
steps

HOW TO CREATE A HAPPY AND HEALTHY SCHOOL THROUGH OUTDOOR LEARNING

WHAT EVIDENCE CAN YOU GET FROM?

Children's questionnaires:

- Different types of activity undertaken
- Impact of physical activity
- Number of children feeling happier as a result of learning outdoors.
- Proportion of learning time spent outside the classroom.

Pedometers:

- Steps taken for inside and outside learning activities
- Steps taken during a day of mixed activity compared to classes indoors
- Number of steps as a lifestyle/physical activity for a whole week

The staff questionnaire:

- Percentage of classes taken outside
- Feedback about staff wellbeing after teaching outdoors
- Proportion of learning time with moderate or vigorous activity or sedentary behaviour

Qualitative results:

- Free writing and drawing by children experiencing LINE provides an excellent direct way of including children's perspectives in reports and planning.