



## Preventing Obesity and Promoting Wellness in Early Childhood Settings

### REFLECTIVE ACTIVITY

#### MODULE 2, LESSON 6: NATURAL LEARNING ENVIRONMENTS

**Child Care Provider – Plan an outdoor learning experience that provides opportunity for children to practice physical skill develop or health food choices.**

- Analyze the natural characteristics of your outdoor space. How does the environment support your plan?
- What do you need to add for this to be a highly engaging activity for your students?
- What aspects of this experience motivate you? How will you model excitement and curiosity?

**Director – Evaluate your outdoor play space.**

**Action Step:**

Identify a goal based on the evaluation of the outdoor play space and implement those changes.

#### Reflection/Discussion Questions

- *How do you use your outdoor space as a true learning environment? In particular, how does it support healthy physical development and nutrition?*
- *How do you support growth and enhancements to your outdoor learning environment? Do you have or want a system that empowers individuals (teachers, students, families, and community) to share their ideas and enthusiasm?*
- *What are some immediate, achievable goals you could start with for adding more natural diversity and learning potential to your outdoors?*