



Dear Teachers,

Finding it difficult to keep your students' attention? Try taking them to the Outdoor Classroom for a period prior to a test or quiz! Recent studies show that exposure to nature helps to restore the analytical power of the brain!

*University of Michigan psychologist Marc Berman believes that nature actually shifts our brain from one processing mode to another. Interacting with nature shifts the mind to a more relaxed and passive mode, **allowing the more analytical powers to restore themselves.***

The Cognitive Benefits of Interacting with Nature, 5/08
Psychological Science

SOME FUN IDEAS...

Language Arts, Social Studies:

Silent reading, worksheets, poetry, quiet observations, class discussions, explore stories— especially with nature components

Math:

Test reviews, work on individual worksheets, math concepts using nature

Foreign Language:

Use the garden to review vocabulary or introduce new words. What do they see in the garden that they can learn in French, Spanish, German, or Latin? Words may include nouns, verbs, adjectives.

Science:

Plants and minerals' roles, Life cycles, Ecology

