

## Research Supporting Teaching Outdoors and Promotion of Play in Nature

Brussoni, M., Gibbons, R., Gray, C., Ishikawa, T., Sandseter, E B, Bienenstock, A., Chabot, G., Fuselli, P., Herrington, S., Janssen, I., Pickett, W., Power, M., Stranger, N., Sampson, M., and Tremblay, M. (2015) What is the relationship between Risky Outdoor Play and Health in Children? A Systematic Review. *International Journal of Environmental Research and Public Health*. 12, 6423-6454.

Brussoni M., Olsen L. L. Olsen, Pike I. and Sleet D. A. (2012) Review Risky Play and Children's Safety: Balancing Priorities for Optimal Child *Development International Journal of Environmental Research and Public Health* (volume) 9, (pg) 3134-3148

Faber Taylor, A. & Kuo, F. E. (2009). Children with attention deficits concentrate better after a walk in the park. *Journal of Attention Disorders*, 12[5], 402-409.

Faber Taylor, A., Kuo, F. E., & Sullivan, W. C. (2001). Coping with ADD: The surprising connection to green play settings. *Environment and Behaviour*, 33[1], 54-77.

Faber Taylor, A. & Kuo, F. E. (2011). Could exposure to everyday green spaces help treat ADHD? Evidence from children's play settings. *Applied Psychology: Health and Well-Being*, 3[3], 281-303.

Fjørtoft, I. (2004). Landscape as playscape: The effects of natural environments on children's play and motor development. *Children, Youth and Environments*, 14(2), 21-44.

Fjørtoft, I. (2001). The natural environment as a playground for children: The impact of outdoor play activities in pre-primary school children. *Early Childhood Education Journal* 29, 111-117.

Gordon, A. (2013). *Forest Kids: Why the modern classroom is moving outside*. Toronto, Canada: WildElement.ca. Available from the App Store.

Greenfield, C. (2003). Outdoor play: The case for risks and challenges in children's learning and development. *Safekids News*, 21, 5.

Greenfield, C. (2004). 'Can run, play on bikes, jump the zoom slide and play on the swings': Exploring the value of outdoor play. *Australian Journal of Early Childhood*, 29(2), 1-5.

Janz, K. F., Kwon, S., Letuchy E. M., Eichenberger Gilmore J. M., Burns T. L., Torner J. C., Willing M. C. and Levy S. M. (2009) Sustained Effect of Early Physical Activity on Body Fat Mass in Older Children *American Journal of Preventive Medicine* 37(1): 35-40.

Kellert, S.R. 2002a. Experiencing nature: Affective, cognitive, and evaluative development in children. In P. Kahn, and S. R. Kellert (Eds.), *Children and Nature: Psychological, Sociocultural, and Evolutionary Investigations* (pp. 117-151). Cambridge, MA: The MIT Press.

Kirkby, M. A. (1989). Nature as refuge in children's environments. *Children's Environments Quarterly*, 6(1), 7-12.

Kuo, F. E. & Taylor, A. F. (2004). A potential natural treatment for attention-deficit/hyperactivity disorder: Evidence from a national study. *American Journal of Public Health*, 94[9], 1580-1586.

Pellegrini, A.D. & Holmes, R.M. (2006) The Role of Recess in Primary School, in D.G. Singer, R.M. Golinkoff & K. Hirsh-Pasek (Eds) *Play=Learning: how play motivates and enhances children's cognitive and social emotional growth*, 36-54. Oxford: Oxford University Press.

Sandseter, E. B. H. & Kennai L. E. O. (2011). Children's Risky Play from an Evolutionary Perspective: The Anti-Phobic Effects of Thrilling Experiences. *Evolutionary Psychology* 9(2): 257-284

Ungar, M. (2015). Too Safe Schools, Too Safe Families: Denying Children the Risk-Taker's Advantage *Education Canada*, v48 n1 p6-8, 10.