

Outdoor education (OE) is a teaching method aiming to promote children’s learning, physical activity (PA) and wellbeing. OE in green areas may further increase positive effects.

The aim of the LärMiljö-study is to:

- Survey the use of OE in Swedish-language comprehensive schools in Finland, and investigate factors related to its use.
- Investigate associations between OE and PA, wellbeing, nature connectedness and learning among school-aged children (9-13 years), considering other related factors (Fig. 1).

Method: Data is collected via electronic surveys in Swedish-language comprehensive schools, including:

- National surveys among principals and teachers
- Surveys among children and guardians

Children’s PA measured via accelerometers and a diary is kept (7-day period).

Teachers keep a class diary on OE provided (7-day period).

Academic tests are performed.

Data will be analyzed using quantitative measures.

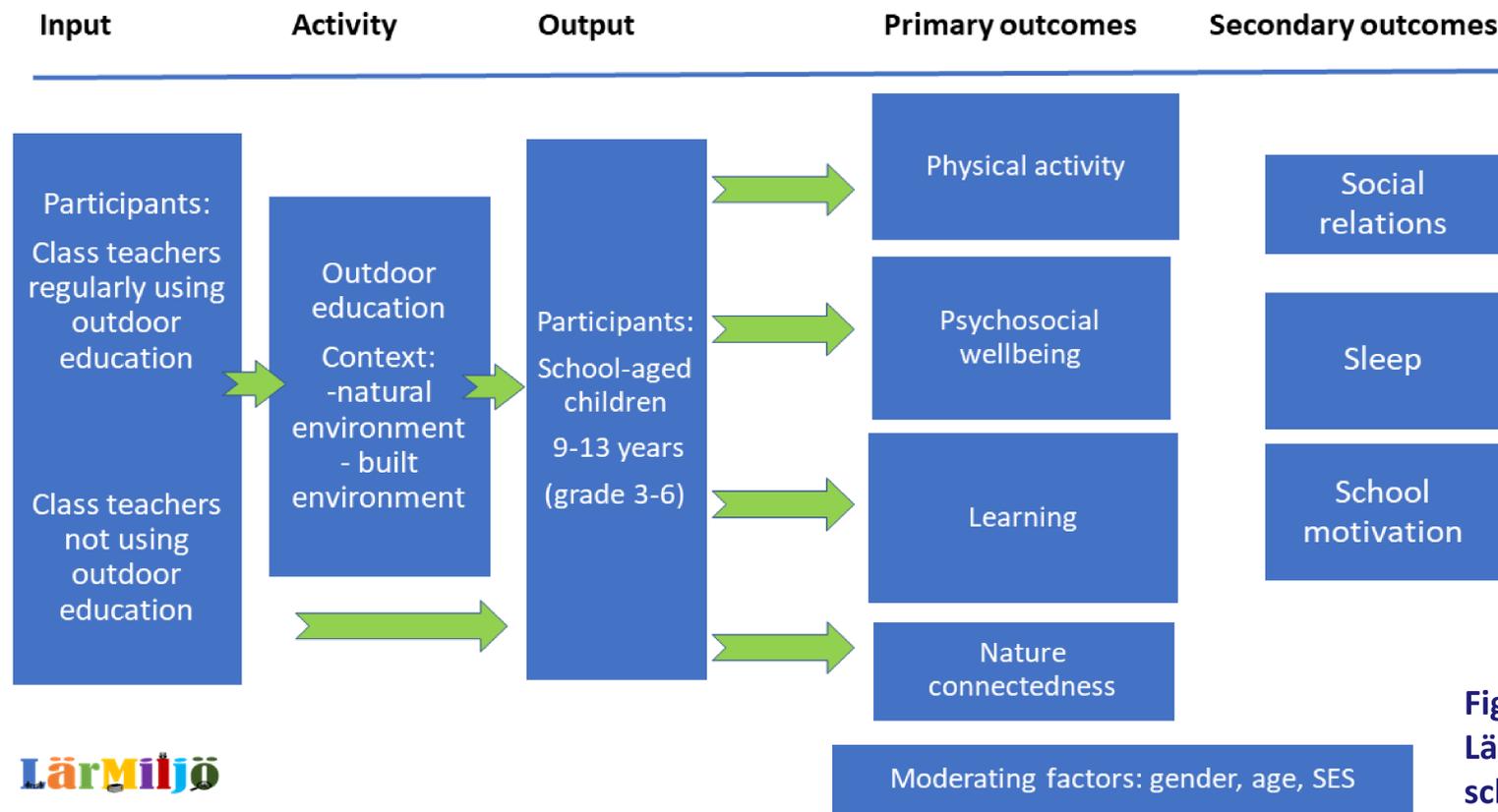


Figure 1. Outline of the LärMiljö-study among school children

Results: The study protocol is described.

- Theoretical framework: Health promotion (Ottawa Charter, WHO); Self-determination theory, SDT (Deci and Ryan).
- A comparative approach among children/school classes (Fig.1).
- Teachers’ experience and use of OE is explored, as is perceived effects and barriers to OE use.
- Based on SDT, associations between OE, need satisfaction, competence, motivation and work engagement is studied.

Conclusion:

The LärMiljö-study aims to broaden the understanding of:

- Potential effects of OE use in comprehensive education and school health promotion
- Factors supporting and hindering its use

Findings can be used to promote learning and wellbeing in school

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