



Does your
Nurture
need more
Nature?





Do you like the idea of offering Forest School, but are unsure where to start?

The benefits of nature play in Early Years are indisputable. But Forests, fire pits and fully trained F.S. staff can be hard to come by. However, nature is everywhere, if you know how to find it.

Would you like help to bring the EYFS framework to life in your outdoor space?

At Growing Outside we have 20 years of experience writing unique lesson plans that link directly with learning and development outcomes, whilst at the same time giving children a love and respect for nature and the environment.



Would your staff benefit from training to give them the confidence to take more learning outdoors into your nursery grounds?

We understand barriers and challenges staff may face, and so have devised a series of CPD courses to empower, educate and upskill your staff to embrace play and learning through nature.

At Growing Outside, we have always believed every child has the right to an accessible, natural and inspiring environment – your nursery garden.

Now more than ever, parents want to know that their children are being immersed in, and taught about nature and the world around them. From growing flowers and food, to being respectful and knowledgeable of wildlife.



“Mud will wash off but memories last a lifetime”

UNKNOWN

But when mud is a dirty word for staff, and the astroturf goes wall to wall, how do we ensure your children and staff still benefit and learn from nature?

We know that spending time in nature gives all children memorable, hands-on experiences that develop enquiring minds and confidence.

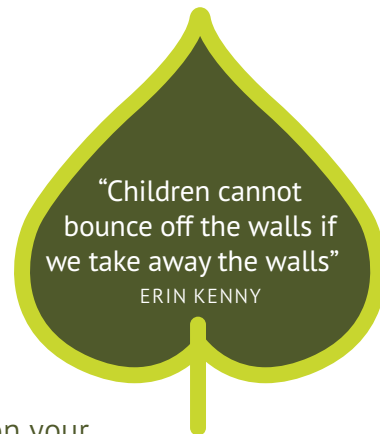
But to offer this constantly, in all weathers, with the understanding and knowledge to support and guide, can be hard.

Weekly sessions

We facilitate regular weekly sessions throughout the year, taking groups of children out into your grounds. Our fully trained, insured and DBS checked staff are experts in engaging through play, adjusting the content for babies through to pre-schoolers. These sessions encompass all areas of learning and development through gardening and nature, and are carefully planned to tie in with the seasons, the natural world and the British weather.

We consult with you on which age groups to work with depending on your planning and ratios. Your staff are free to come and watch us, to gain on-the-job professional development.

After every session we give you a two-page report detailing the things we've discovered and learnt whilst we were having fun. You're free to use this to show Ofsted, put on your website, utilize for onward training or even to send home to parents.

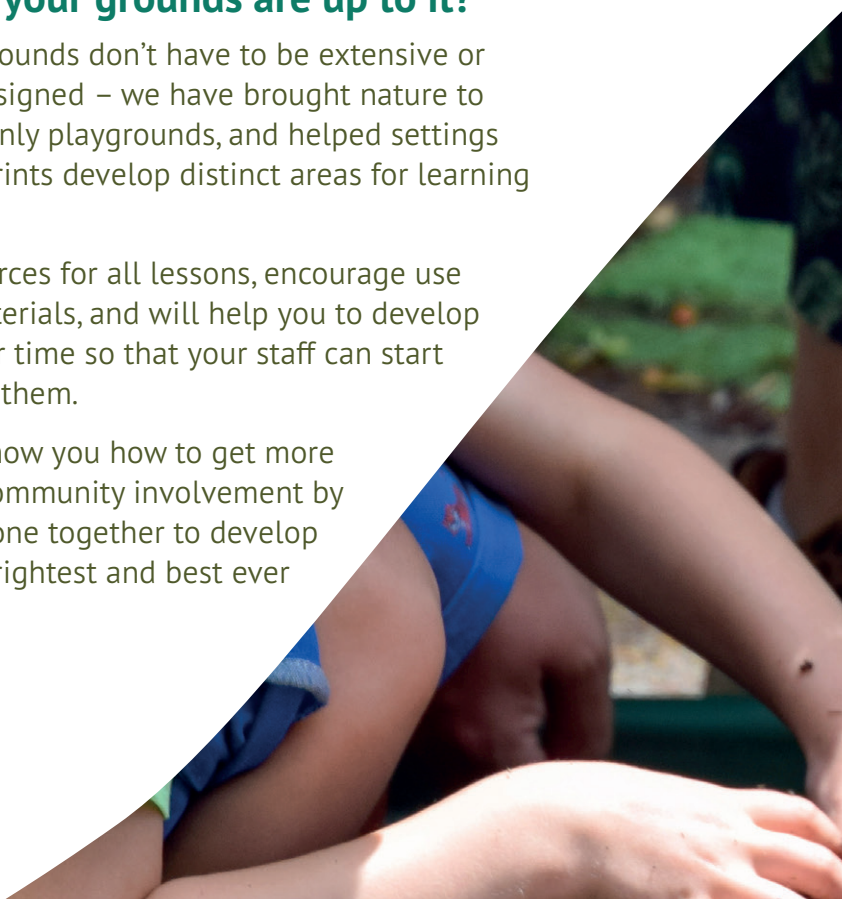


Don't think your grounds are up to it?

Your nursery grounds don't have to be extensive or expensively designed – we have brought nature to life in tarmac only playgrounds, and helped settings with tiny footprints develop distinct areas for learning and growing.

We bring resources for all lessons, encourage use of recycled materials, and will help you to develop your space over time so that your staff can start to make use of them.

We can even show you how to get more parental and community involvement by bringing everyone together to develop your biggest, brightest and best ever nursery room!




“We first introduced Growing Outside classes at our nursery in September 2022, with age/stage-appropriate classes being delivered across all age groups and rooms. Their variety of classes and themes are really well planned, EYFS-linked and suitably hands-on for the children to maintain their interest.

Provisions have also successfully been put into place by Mandy and her team to ensure that our Growing Outside experience doesn't begin and end with the classes themselves - our practitioners have been trained to understand how to support children further, grasp concepts and embed new vocabulary after the classes, and parents/carers are kept informed via a thorough and visual report of each week's class, so they can continue conversations with their children at home too.

Growing Outside have been a fabulous extension of our nursery offer.”

REBECCA TINKER OWNER OF LITTLE TINKERS



“Nature is a tool to get children to experience not just the wider world, but themselves”

STEPHEN MOSS

CPD

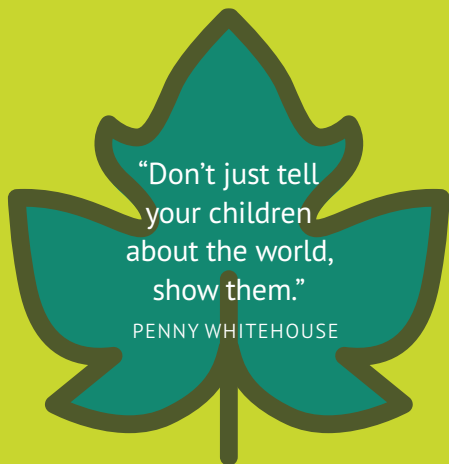
Even if you are lucky enough to have natural outdoor space, what are the chances that everyone has the desire and knowledge to make the most of it?

Recruiting, training and retaining nursery staff can be challenging, and more so if you have to search or pay more for those with an outdoor qualification.

We have extensive experience in helping staff change their perspective on care and play from inside, to outside. Our package can include a programme of training for all

staff which will inspire, upskill, and overcome any worries or preconceptions, to ultimately prove how the outdoors can be a more calm, rewarding and fun way to work with young children.

We can show how, with the right structure and guidance, children will lead their own learning outside, whilst staff facilitate and observe. We empower them with the confidence to give it a go, offering help and support all the way. The benefits for staff are widely proven in regards health and wellbeing, professional development and, crucially right now, job satisfaction.



“The introduction to outdoor learning session was an inspiring, hands-on session that even our self-confessed “non-outdoorsy” staff members really enjoyed. Since the session, staff have regularly planned in opportunities to take learning outside and use our space in a more creative and engaging way. The staff and children are excited and enthusiastic to engage in outdoor learning and the training was delivered in a way which was accessible for all- from our novices to those already trained in forest school.”

LEANNE STRAKER DEPUTY HEAD
Haveley Hey Community School

Grounds design

Do you struggle for space inside?

Would you like to include more growing and natural areas into your space?

We offer a comprehensive consultation, culminating in a detailed report and design, setting out how your nursery grounds can become the perfect natural play environment.

With our vast experience in education garden design, we can show you how to maximise the use of your external areas, how to compartmentalise space flexibly and give you ideas on how to implement

this gradually or all at once, depending on budget.

We can also show you what can be done on a shoestring, what can happen with a bit of people power, and what can be fund-raised for if you are in a schools setting. We'll help you identify which new areas can work specifically for different parts of the Early Years curriculum, and give you tips on how to best encourage staff to start using them. And you can add it to your Development Plan to help support your future priorities for improvement.

“May I grow so tall and bright, so free and wild,
so brave and vibrant that when you see me standing
you think I am a sunflower.”

GABY COMPRÉS

Would you like to build a legacy for your Nursery where children and staff break free from the confines of the inside, and where respect for nature, healthy living and mindfulness are at the core of your values?



“We have worked with Sophie at Growing Outside for over a year now. She usually works with the

Reception children in the autumn and winter months and with the nursery children in the Spring and Summer months. Regardless of the weather, the children look forward to her visit, exploring the school grounds and completing the lovely activities she has planned for them linked to the topic. The sessions are well pitched for EYFS and provide the children with additional experiences linked to the natural world.”

ANGELA MATLOOB EYFS LEAD
St. Anthony's R C Primary School, Wythenshawe



“Growing Outside have been providing weekly outdoor learning sessions to Kids Planet Davenport for over

six years. During that time, our children have enjoyed a wide range of gardening and nature-based activities, including growing food, observing plants and wildlife and learning to appreciate the weather and seasons.

It's been clear to see over the years that the knowledge and experience growing outside bring, has an impact on our children. Starting with tots through to pre-school ages, growing outside ensures our children start to have a real understanding and respect for the natural world, where their food comes from and how the outdoor environment can help keep them calm and happy.”

NATALIE LITTLEWOOD SENIOR MANAGER
KIDS PLANET Davenport

Imagine a place where children and staff are regularly outdoors, in nature, learning in a calm but inspiring environment. Imagine less pent-up frustration, more smiling, more wow! moments, more laughter. Better job satisfaction, better understanding of how to be healthy, and knowing you are providing the foundations for children to become responsible Global Citizens.



For more information, and to kick start your outdoor learning journey, please contact us.

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