

The Outdoor Project



What it is:

- Freedom
- Choice and Agency (moving choice into action)
- Self-led
- An act of belonging (to nature, to the group, to school)
- A pause
- Balance (holding two opposing things at the same time)
 - **What it isn't**
 - Competition (no outdoor competitive activities)
 - Not adrenaline fuelled, but Oxytocin generating
 - It's not school (we are not teaching)
 - It's not Therapy (even though it might feel therapeutic)

What it might achieve:

- Insight into how you feel your emotions
 - Self-discovered tools to regulate emotions
 - A container in which to place those emotions (nature)
 - Build connection between people
 - Build connection with the natural world (as a resource)
 - Build self-confidence and a stronger sense of self
 - Promote metallization (ability to think and feel alongside another)
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