

# HOW MOVEMENT UNDERPINS WELL-BEING, RESILIENCE AND LEARNING

Friday 19 October 2018 9.30am – 3.30pm at  
Windsor Nursery School, Parkfield Road, Wolverhampton, WV4 6EL  
Telephone 01902 558128 [www.windsorcentre.com](http://www.windsorcentre.com)



**Facilitated by Jan White, Consultant for Outdoor Provision in the Early Years at Windsor Nursery School – an Early Childhood Outdoors (ECO) Collaborator and Inspirational Pioneer Setting.**



This course is for all teachers and practitioners working with 2-5 year olds, and particularly children with high needs for developmental support.

Do you work with children who struggle to sit still, attend and concentrate, regulate their behaviour or learn to read and write effectively?

Through exploring the critical role of physical development in building the capacity to learn, form relationships and thrive, this one day course will consider why young children must be active for much of their day.

We will consider:

- The critical movement experiences that all young children should have
- How movement and physicality establish the foundation for learning, well-being and resilience
- Irresistible experiences that are especially rich in providing nutritious movement
- Ways to create a movement rich Early Years environment and culture

This course will include opportunities to consider implications and solutions through touring the onsite outdoor environments paired with members of the Windsor Nursery School team.





## Jan White

Working across the UK and internationally, Jan is a leading thinker and writer on outdoor play and advocate for high quality outdoor provision for services for children from birth to seven. She is the strategic director of *Early Childhood Outdoors*, the National Centre for Play, Learning and Wellbeing Outdoors. With over thirty years' experience in education, including developing national support

for early years outdoor provision with Learning through Landscapes and Early Excellence, and teaching on the Masters programme at the Centre for Research in Early Childhood, she has developed a deep commitment to the consistently powerful effect of the outdoors on young children. She is currently an Early Education Associate, convenor of the *Landscapes for Early Childhood* national network, and an advisory board member for the *International Association for Nature Pedagogy*, and provides training courses, conference keynotes and consultancy for a wide range of early years settings.

Jan is award-winning author of *Playing and Learning Outdoors: making provision for high quality experiences in the outdoor environment with children 3-7* (NW staff resources winner 2014), *Making a Mud Kitchen* (Muddyfaces) and *Every Child a Mover* (NW professional books winner 2016), editor of *Outdoor Provision in the Early Years*, and collaborated with Siren Films to make the award-winning training DVDs *Babies Outdoors*, *Toddlers Outdoors* and *Two Year-olds Outdoors* (NW staff resources winner 2012). Her website is [janwhitenaturalplay.wordpress.com](http://janwhitenaturalplay.wordpress.com)



### Early Childhood Outdoors *Being at home outside*

### The National Centre for Outdoor Play, Learning and Wellbeing

Early Childhood Outdoors (ECO) is a social enterprise seeking to increase the amount and quality of outdoor experience for young children across the UK, through collaborative and enabling work with a wide range of development, teaching, research and design organisations providing support in this field, in order to maximise impact.

With the vision of more children thriving outdoors, more often and for longer, benefiting from richer and more meaningful environments offering authentic, rewarding and satisfying experiences, it aims to connect organisations and individuals, to build support capacity, and to deepen the pedagogy of being, playing and learning outdoors.

The cost of this training is £150 per person and refreshments and a light buffet will be included. Participants are asked to bring waterproofs and boots.

#### How to book

Places are limited and we encourage you to book a place as soon as possible.

For a booking form email [rpine@windsorcentre.com](mailto:rpine@windsorcentre.com)