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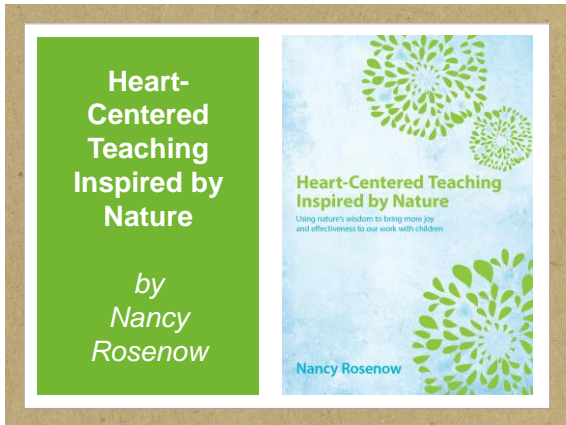
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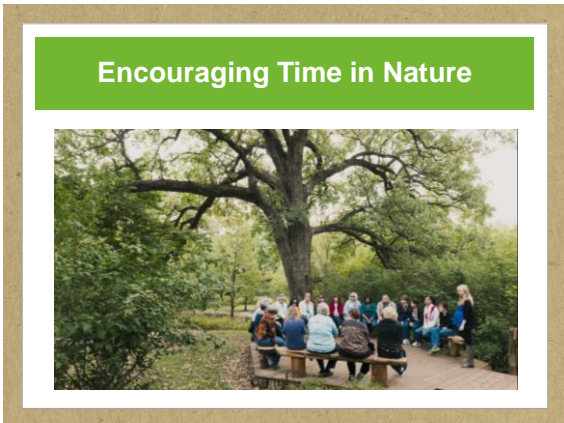
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“Post-occupancy Study of Nature-based Outdoor Classrooms” – Dr. Sam Dennis



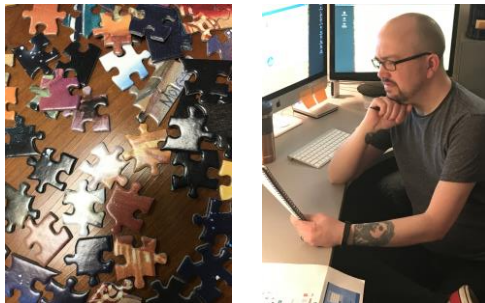
“Compared to both indoor and traditional playgrounds, children in outdoor natural settings were reported to be more relaxed, happier, less impulsive, more focused, more creative and better behaved.”

(Dennis 2014)

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As a leader...

...how can you embrace experiences with the natural world as a means to support your network?



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Encouraging Time in Nature



- Find time and a place outdoors for teachers to take breaks and work together
- Create a Nature Explore Classroom

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Supporting Lifelong Learning



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Sometimes we
we need
encouragement
to try something
new.

How can you
encourage
others and
ourselves to
take the leap?



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Supporting Lifelong Learning



- Encourage teachers to be reflective practitioners
- Embrace the growth mindset in ourselves and others.
- Learn about each person's interests and look for opportunities for them to be used.

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Living in Gratitude



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“We can’t wait until everything is ok with us or with the rest of the world to feel thankful, or we will never experience it at all.”
– MJ Ryan

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What would a culture of gratitude look like?



1. Start each day with a list of things that fill you with gratitude
2. Intentionally set aside time to appreciate someone on your team
3. Reframe the way we approach and talk about our challenges

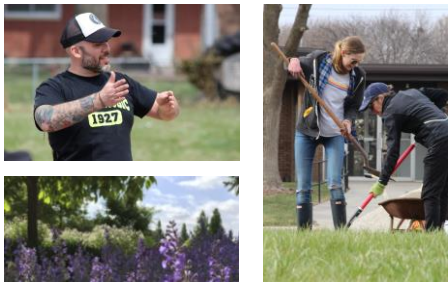
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Celebrating



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Celebrating One Another



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Celebrating Our Personal Qualities



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Qualities and Values

- **Quality:** "an essential or distinguishing characteristic, property or attribute."
- **Value:** "a principle, standard or quality regarded as worthwhile or valuable"

In leading from the heart, **qualities** and **values** are attributes that, when we recognize them, help us take next steps as individuals or groups – with ourselves, our team members, and those we serve.

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Sample Qualities

Abundance	Creativity	Gentleness	Laughter	Risking
Acceptance	Delight	Giving	Learning	Self-care
Adventure	Determination	Grace	Liberation	Sensitivity
Assertiveness	Dignity	Gratitude	Light	Serenity
Attunement	Discernment	Happiness	Loving	Service
Authenticity	Discovery	Harmony	Mindfulness	Simplicity
Awareness	Education	Healing	Openness	Spontaneity
Balance	Efficiency	Heart	Patience	Steadfastness
Beauty	Empowerment	Honesty	Peace	Surrender
Birth	Encouragement	Humility	Persistence	Synthesis
Bountiful	Endurance	Humor	Playfulness	Tenderness
Calm	Enlightenment	Independence	Preciousness	Tranquility
Caring	Enthusiasm	Initiation	Presence	Transformation
Clarity	Expansiveness	Innocence	Purity	Trust
Commitment	Exploration	Inspiration	Purpose	Truth
Communication	Faith	Integrity	Radiance	Understanding
Compassion	Flexibility	Intention	Respect	Vigilance
Cooperation	Forgiveness	Intuition	Responsibility	Willingness
Courage	Freedom	Joy	Revelation	Wisdom
Co-creation	Generosity	Kindness	Reverence	Wonder

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Celebrating



- Start conversation and meetings by acknowledging what is going right
- Celebrate the small steps that lead up to a big goal
- Spend time in joy with each other

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