

TAKE ME OUTSIDE DAY

2021 SUMMARY REPORT





Take Me Outside Day 2021 was a huge success! Thank you to all the educators and students who participated! Over 9,000 teachers signed up and approximately 400,000 students participated!

Our social media presence was highly effective during Take Me Outside week. It's great to know that over 1.8 million people are just as passionate about spending time outdoors as we are!

Take Me Outside Day 2021 focused on three key themes: Indigenous Knowledge, Health and Wellness and Environmental Education.



MONDAY

INDIGENOUS KNOWLEDGE



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We are becoming stewards of the land as we play and learn on the unceded Algonquin territory of the Anishinaabe people. We are looking forward to experiencing the land as the seasons change this year

-JK/SK Teacher from Ottawa, Ont.

To support our theme of Indigenous Knowledge, Indigenous author Celestine Aleck from Snuneymuxw First Nations joined us to discuss our responsibility to take care of mother earth. Celestine read her books, including “Taking Care of our Mother Earth.” She taught us the importance of storytelling in relaying messages about how we can improve the current state of our environment.

Mi’kmaw guest speaker Carolynne Crawley joined us to discuss the

important topic of place in her presentation “All My Relations”. Carolynne emphasized how our relationship to place has significant meaning and impact on our relationship with the outdoors.

Natural Curiosity facilitated a professional development session for educators titled “From Acknowledgment to Action: Learning about the land through Natural Curiosity”. This discussion highlighted and introduced a different pedagogical approach on teaching through the lens of Indigenous perspectives.

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“My favourite activity was the “Acknowledgment to Action” webinar for educators. It introduced me to a new resource that I have purchased and shared with my staff.”

- Principal, Okanagan Falls, BC.

TUESDAY

HEALTH AND WELLBEING

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In these [pandemic] times, I continue to believe being outside and connecting ourselves to nature is both a big part of teaching kids the value of self-care and stress-relieving in itself.

-GR 7 Teacher from Ladysmith, BC



On Tuesday, we focused on health and wellbeing and welcomed a certified and youth trained yoga teacher to help us get physically active while working on mental health strategies such as breathing and mindfulness.

We also had the pleasure of introducing the Canadian Olympic Athlete Panel who spoke about the connection between physical and mental health and the outdoors, and their personal experience with triumph and perseverance. The importance of



using the outdoors as a tool to help improve mental and physical health was a significant takeaway from all of our panelists!

Great Minds Think Outside facilitated a teacher workshop on how to engage your students in outdoor learning! The workshop highlighted some potential barriers and provided strategies on how

to overcome them, activities to use when learning outdoors, and gave an overall sense of why it's important to transition learning beyond four walls.

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We loved the yoga session so much we now do yoga once a week!

-Teacher from Sudbury Ont.

Reflect on spending time outdoors and getting active. What do you enjoy most about being outdoors?

The things that I like most about the outdoors is how calming it is. For example say you're having a bad day you can just go outside and listen to nature and it will calm you down and you feel better.

WEDNESDAY

TAKE ME OUTSIDE DAY

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[Take Me Outside Day] was a great day. We journaled, completed a vocabulary scavenger hunt, sang songs, explored the forest behind the school, and even had a picnic lunch. The weather was warm and beautiful! Many students told me that it was the “best day ever”.

Grade 1-2 Teacher, Nepean Ont.



Wednesday was Take Me Outside Day! Educators were encouraged to spend time outdoors with their class, to collectively experience spending time outdoors.

Environmental activist and singer Remy Rodden joined us on Take Me Outside Day

as a musical guest and sang songs that highlighted our duty to protect nature and the environment.

Thank you to the educators who posted pictures using our hashtag **#TakeMeOutsideDay**.

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We enjoyed Remy Rodden's fun songs! So glad we took time to celebrate the Earth in a new and fun way!

-Teacher from Sudbury Ont.

THURSDAY

ENVIRONMENTAL EDUCATION



In celebration of our theme “Environmental Education” on Thursday, we had the honour to introduce Dr. Jane Goodall to our audience! Dr. Goodall spoke on the importance of environmental education for all ages. When asked about extending the learning environment beyond four

walls and a desk, she said, “We must - it’s desperately important. I’ve seen the impacts that it makes.” Her personal experiences in the outdoors as a young girl and her professional experiences with chimpanzees in Africa were super inspiring! As one participant puts it:

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[My students] were so inspired by Dr. Jane Goodall’s wisdom and lifelong work and were so excited to hear how Flo trusted her with her baby!

-Grade 3 Teacher, Toronto Ont.

FRIDAY

DAY OF REFLECTION



To wrap up the end of the week for Take Me Outside Day, we asked educators to engage their students in a day of reflection - thinking and journaling about what they had learned and their time outside. This day was not only for students, but for educators too!

We are so thankful for the amazing participation in Take Me Outside day this year. Stay tuned for our upcoming initiatives.

Visit: [Takemeoutside.ca](https://takemeoutside.ca)
Email us at: info@takemeoutside.ca

THANK YOU

TO OUR PARTNERS FOR THEIR
ONGOING SUPPORT



A big thanks to MEC
who helped make
this week possible.

And thanks to all of our partners for their support
in making this week possible!

