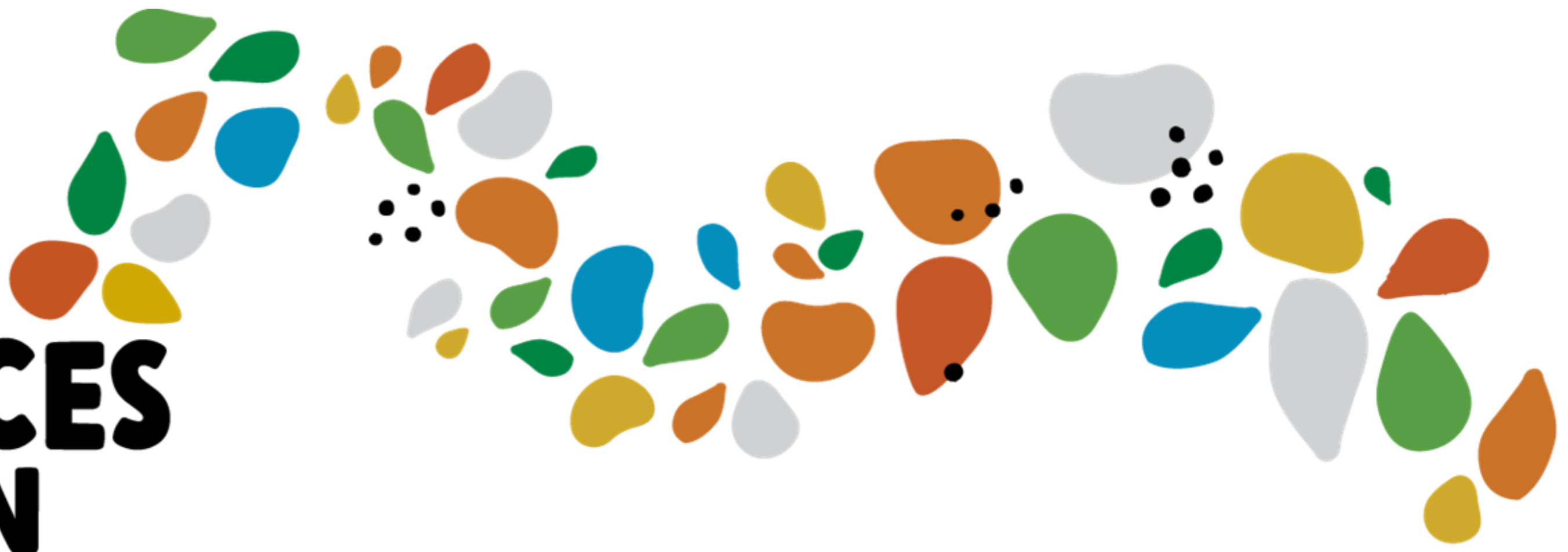


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# NATURAL PLAYSPACES FOR CHILDREN



## Children's Learning Outdoors - Continuing Education of Professionals in Early Childhood Education

### Theme/Place:

Impact based on evidence - Rio de Janeiro state

### Authors:

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### Context and objective:

Researches (KUO et al., 2019; TIRIBA, 2018) point out that children live confined for up to 10 hours a day without interacting with Nature, what causes them depression, anxiety, obesity, vitamin A deficit. They also reinforce the benefits of playing outdoors. The objective of the course was to contribute to the training of the participants and to promote child-nature connection for a healthy integral neurodevelopment in childhood.

### Methodology:

Exploratory quantitative and qualitative research, in the Virtual Learning Environment of a public institution. We used images from the e-Natureza program and modules that contemplated the theme with a focus on neuroeducation. As data production methods, we adopted participant observation, logbook and questionnaires for registration and scales of connection with nature and well-being.

### Results:

An amount of 103 professionals from the state of Rio de Janeiro participated in the study and 90% were from community and public day care centers. The data revealed that 64% of the professionals spend 8 to 10 hours at the daycare center, 20% of the educators have never visited green areas with the children, 28% of the daycare centers have synthetic grass and do not have a green area, 88% of the children play outdoors for 2 hours or less a day and 31% of them do not have access to green areas. During the course, the participants recorded the children's affective experiences in connection with Nature, through playing outdoors.

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Credit: Research Data

Credit: Dora Tavares, Espaço Infantil Manhaes Tavares

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Realization:

