

Get Children Outdoors

www.getchildrenoutdoors.com

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Get Children Outdoors was founded by Sarah Blackwell who is also the Founder and CEO of Forest Schools Education, Forest Schools Kindergarten and Archimedes Earth. Sarah has been pioneering Forest School training in the UK for the past 17 years, preparing a new generation of teachers and educational practitioners to revolutionise educational practice and social understanding of our natural environment, showing how nature and human nature are intimately connected.

Studies are suggesting that being in nature exercises a powerful effect on the way that brains and bodies develop, and that playing outside creates the conditions for the free, creative and autonomous play that fosters naturally healthy, motivated and confident children. Sarah's immense passion and dedication to the expansion of personal development, outdoor play & education is supported by her wide experience in the design of environmental and professional development programmes. Sarah's latest research investigates the restorative benefits of Forest Schools on communication in children with Autistic Spectrum Disorders.