

CDA BRIGHT SPOTS

"The best classroom and the richest cupboard are roofed only by the sky." -Margaret McMillan

March 7, 2025



FRESH PERSPECTIVES

Ms. Helen and Mr. Roberto are leading the way in making learning more engaging by taking their students outside—and the benefits go way beyond just a change of scenery! Research from the University of Illinois shows that switching up the learning environment helps students stay focused and process information more effectively. Instead of being stuck at their desks all day, kids get a fresh perspective, making lessons more memorable and exciting. And let's talk about the power of the great outdoors! A study in *Frontiers in Psychology* found that being in nature lowers stress, boosts mood, and even improves problem-solving skills. Plus, research from the American Institutes for Research shows that outdoor learning leads to higher motivation and deeper understanding of content. Ms. Helen and Mr. Roberto are onto something amazing—giving students space to move, breathe, and learn in a way that sparks curiosity and energy. Let's take a page from their book and find ways to bring more fresh air and movement into our own teaching!