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E-WISSE LAB

Name of activity	Outdoor education fosters the development of social and emotional skills
Description of activity	Activities such as canoeing, rock climbing and hiking could improve mental health and wellbeing, including personal development and team-building skills. Moreover, outdoor activities such as backpacking, canoeing and kayaking could help reduce psychological stress.
Who are the participants?	This material is meant for youth workers in their work with young people (12 - 18 years old) using non-formal education methodologies.
Identification of the aims of the activity	Outdoor education enhances social and emotional skills, in particular in developing problem-solving and communication, providing social support, and controlling emotions and personal feelings. Outdoor programmes can help address the problem of the negative health impacts of young people's excessive screen time. Outdoor education contributed to the promotion of resilience and a growth mindset.
Number of participants	from 5 to 15
Duration	hours/days
Materials for the activity	The material varies depending on the activities to be carried out outdoors.
Suggestions for the post-activation debriefing	Ask participants before starting the outdoor activity what feelings, fears, difficulties and expectations they are overcoming. At the end of the activity ask the participants what feelings they experienced, what emotions they felt and what they learnt about themselves. These moments can be done in dialogue mode but also through cards/post-it notes and in anonymous form.
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