



Day of Inspiration

exploring

Why Children Should Be Playing Outdoors!

The holistic benefits of outdoor play

with guest speaker

Niki Buchan

Natural Learning Early Childhood Consultancy

Saturday 11th May 2019

Red Hen Nursery is pioneering setting with an established reputation for providing inspirational childcare. Over the last 15 years owners David and Jane Harrison have created an award-winning Day Nursery and Nature Kindergarten situated on their farm close to the market town of Louth in lovely rural Lincolnshire. With your involvement, this day of inspiration will be an opportunity to:

- Meet and share practise with Natural Learning Consultant, Niki Buchan and nationally acclaimed nursery director, Jane Harrison.
- Develop practical play sessions in the unique Red Hen nature area.
- Gain inspiration from Red Hen Day Nursery.

Conference Programme

9.30 Arrival and registration

10:00 Niki Buchan, international education consultant with Natural Learning Early Childhood Consultancy in Australia. *Why Children Should Be Playing Outdoors* In this motivational session Niki will share with us the benefits to children of all ages in spending time in an outdoor nature filled space. We will explore the benefits to the children's physical, mental, social, emotional, academic and intellectual development as they investigate and play in a largely unstructured natural environment. We will look at the role of the adult, explore the concept of supervision and the sensitive dance between interference and high quality interaction. Practitioners will explore what it means for children to be as safe as necessary and the danger of trying to keep children as safe as possible.

12:00 Lunch and networking

1:30 Practical session led by Niki Buchan. The afternoon session will be a hands on practical opportunity for practitioners to participate in discussions and play in the Red Hen nature area as well as identifying the learning and development offered through a play based approach. This will also be an opportunity to discuss individual challenges such as lack of outdoor natural space or time.

2.30 Summary and close from Jane Harrison followed by a chance to look around the setting.

When? 9.30am to 3.30pm on **Saturday 11th May 2019**

Where? **The Granary** at Red Hen, a unique, newly converted training space overlooking the Red Hen nature area. Red Hen Nursery is easy to find as you exit the village of Legbourne on the East, 4 miles from Louth on the A157 Louth – Mablethorpe Road, just look for the big yellow sign with the Red Hen.

How much? We are looking forward to seeing as many of you as possible at our Day of Inspiration. Consequently, we have limited delegate costs to **£50 per person** to include a homecooked lunch.

How to book- Please return the booking form to Penny at office@redhendaynursery.co.uk



Niki Buchan International Guest Speaker

We are thrilled to welcome Niki Buchan, friend and international education consultant with Natural Learning Early Childhood Consultancy and Real World Learning Consultancy in Australia www.naturallearning.net.au

Niki has developed a reputation as a strong advocate for children's right to a high-quality childhood with a deep concern about children's mental health and trauma. Trusting children as being capable and competent, able to assess and take their own risks and face challenges, she believes all children have a right to regular access to nature and to have their voices heard in matters that affect them.

A leading voice in promoting nature-based practice, Niki works internationally as a conference keynote speaker, nature pedagogue and mentor and has been invited to work in the UK, USA, Canada, Iceland, Sweden, South Korea, China, Norway, Denmark and South Africa. Also award-winning author of *Children in wild nature: a practical guide to nature-based practice*, *Adventurous play* and *STEM Detectives*, she is mother of four adult children, an adventurer, keen photographer and is usually surrounded by children!



Jane Harrison Director of award-winning Red Hen Day Nursery

Jane is director of Red Hen Day Nursery, which has gained national accolades for providing outstanding provision on a working farm. Jane has a first-class degree in early childhood and is an advocate for children's healthy lifestyles.

Her nursery has won numerous awards including Nursery World's Nursery of the Year, Enabling Environment and Food awards. Lincolnshire Awards include Select Lincolnshire Food and Farming, and Lincolnshire Environmental Award. Jane was also a finalist in BBC's Food and Farming Awards Caterer of the Year.

In association with



Early Childhood Outdoors
Being at Home Outside