Outdoor Learning at Brynllywarch

At our school, we provide pupils with engaging outdoor activities as a successful intervention to support their holistic development and build trusting relationships. Through hands-on experiences in natural settings like woodlands and parks, learners participate in navigation, team challenges, walking Welsh mountains such as Snowdon and Pen y Fan, and mountain biking at Welsh trail centers. This approach fosters practical skills while creating a nurturing environment that encourages personal growth and emotional maturity.

A key benefit is the enhancement of emotional well-being and resilience. Immersion in nature promotes mindfulness and stress management, helping pupils build self-confidence through achievable tasks such as shelter-building or obstacle navigation. These experiences cultivate independence, self-regulation, and emotional intelligence, enabling them to express feelings more effectively and form deeper connections with peers and staff.

Our outdoor curriculum also strengthens pupils' connection to their Cynefin—their sense of place and belonging. By learning in meaningful Welsh landscapes and engaging with local environments, pupils deepen their cultural awareness, develop respect for their surroundings, and build a stronger understanding of their identity within their community.

In addition, outdoor learning provides rich, purposeful opportunities to develop numeracy skills. Activities such as map reading, using coordinates, pacing distances, timing routes, measuring gradients, analysing trail features, and estimating resources all require the practical application of mathematical concepts in real-life contexts. This supports learners in becoming confident, capable numerate individuals who can apply their skills beyond the classroom.

Socially, this intervention strengthens collaboration and communication via group activities, where pupils negotiate, share ideas, and support one another. It builds empathy, inclusivity, and trust within teams, while physically boosting fitness, coordination, and environmental appreciation. Overall, pupils show improved focus, motivation, and engagement, leading to transformative outcomes that prepare them for lifelong success.