

## SKOGSMULLE

Skogsmulle a unique pedagogic teaching for all the senses.

Friluftsrämjandet started Skogsmulle in 1957. From then on it has developed into a highly successful organisation. We now have around 400 local divisions with about 10 000 voluntary leaders.

1,5 million children has attended Skogsmulle over the years, which equates to every fourth Swede. Skogsmulle has a serious message: to care and look after nature and all living things. Through his playful image he

triggers the children's lust to discover, which has lead to a real success.

Skogsmulle is a part of Friluftsrämjandets pedagogic program for children. This pedagogic is built on experiencing through all your senses. Comprehensively trained leaders take the children out in nature.

Through curiosity, experi-

ence, knowledge and a sense of togetherness the adventures unfold.

Friluftsrämjandets Child activities is one of the worlds best parental courses, when it comes to play and learning in nature.



## WE ARE MADE FOR MOVEMENT

What you experience with your body, will easily be picked up by your brain. Small children learn through their body. They gain experience through their senses, tasting, smelling, listening etc. Together with a leader, they become curious about nature and develop a sense of responsibility for all living things. Nature provides the best playground in the world. With its varied terrain it invites movement and allows your imagination to run free Outdoor life is a positive antithesis to our times of urbanization and new stress related illnesses amongst children. Research shows that free play outside encourages both social and emotional development in children. By using nature as a tool in the learning process research shows that it creates enthusiasm and at the same time stimulates brain growth.

### Outdoor life for children gives

- ▶ Better health
- ▶ Better motoric skills
- ▶ Improved self-image and self-esteem
- ▶ Social competence and togetherness
- ▶ Positive brain development
- ▶ Reduced stress and stress related illnesses
- ▶ Room to fully use your imagination and creativity
- ▶ Strengthened skeletal structure and muscle mass
- ▶ Improved concentration capacity
- ▶ Environmental awareness



## SCIENCE SUPPORT SKOGSMULLE

*"It's necessary to be outside for our brains to be stimulated from the flow of sound, light, shapes and colours that the nature provides. Especially between the ages 3-6, when the energy flow in the human brain is at its greatest."*

David Ingvar, Professor of neurofysiologi, Brain researcher



*"The brain wants to have fun! A little child doesn't have to go to school to be able to learn to walk and talk. Movement is pure joy. Outdoor activities are especially important for children who don't fit in the traditional classroom. The outdoor pedagogical classroom, values, activates and uses other abilities rather than the verbal. I call this outdoor pedagogy for good health."*

Nina Nelson, senior lecturer, senior physician and General Manager of the children's clinic at the University Hospital in Linköping

*"When it comes to concentration capacity, the children within "I Ur och Skur" (specialized on outdoor activities) pre-schools are more than twice as focused as children within a normal pre-school. Their motor skills are better, they are less frustrated, restless and sick."*

Patrik Grahn, senior lecturer and head of research at the Institution of landscape planning at the governments national Agriculture University



*"Outdoor activities reduce the levels of the stress hormone cortisol among children at the age of six in primary schools. High cortisol levels indicate stress, and stress has a documented bad influence on the memory capacity. Outdoor activities give better learning in a pure logical sense."*

Anders Szczepanski, Head of a unit in the Centre of environment and outdoor pedagogic at Linköpings University.

# Skogsmulle in the world

Skogsmulle is taking a step out in the world and is laying a foundation for durable development. The one thing that has fascinated visitors from all over the world is Skogsmulles simple message. **"Teach the children to love nature, because what you love is also what you cherish."** To spend a lot of time in nature as a child gives environmental awareness and a healthy lifestyle which you will keep for the rest of your life.

## Finland

Finnland was the first country outside Sweden to take Skogsmulle to heart, in 1979. There is now 100.000 children attending Skogsmulle and 6.000 trained leaders.

## Libanon

Established since 2004 in 7 different refugee camps. Networks has been built, aiming to give the children a hope of the possibility to experience a better world.

## Germany

Established in Bavaria since 1989.

## Norway

Skogsmulle has been in Norway since 1987. In 1991 there is a local division of Friluftsrämjandet in Volda.

## Japan

The positive response of Skogsmulle in Japan has been overwhelming. A voluntary association has a total of 2.000 leaders. 7 local divisions has started up, the latest one in Tokyo in 2007.

## South Korea

Skogsmulle started in South Korea in 2003

## Lettland

In 1993 the local division Lidingö in Sweden started an association which carried out courses for Skogsmulle leaders in Lettland. State support was given until 1998. In 2000 the support was given by SIDA. Today Lettland has got their own association.

## Russia

The Russian environmental organisation "Neva River Clearwater" started the project Skogsmulle in Russia in 1997. Skogsmulle is now well known in the whole of St Petersburg region and exists in many pre-schools and schools.

## Other countries

Mexico, England, Canada, USA and Denmark



## Friluftsrämjandet

Friluftsrämjandet is a voluntary, non political, non profit, non religious and independent organisation, founded in 1892, still with the same goal, "That through an outdoor lifestyle, positively affect public health and quality of life."

- ▶ 1 million hours outdoors.
- ▶ 100 000 registered members
- ▶ 10 000 leaders
- ▶ 400 local divisions covering the whole country
- ▶ Comprehensive leader training programs constantly building competence within the organisation
- ▶ A strong environmental and public health focus for the future



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# Nature is the perfect playground



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