Skogsmulle a unique pedagogic teaching for all the senses.

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

over the years, which equates to every fourth 1,5 million children has attended Skogsmulle

FRILIFTSFRAMJANDI

after nature and all living things. Through his playful image he Swede. Skogsmulle has a serious message: to care and look

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

gogic program for children Friluftsfrämjandets pedayour senses. Comprehenexperiencing through all sively trained leaders take Skogsmulle is a part of the children out in nature. This pedagogic is built on

ence, knowledge and a sense of togetherness the adventures Through curiosity, experi-

Friluftsfrämjandets Child activities is one of the worlds best

parental courses, when it comes to play and learning in nature.





# WE ARE MADE FOR MOVEMENT

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

# 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



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

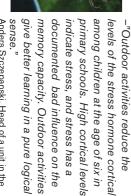




door activities are especially imporand talk. Movement is pure joy. Out school to be able to learn to walk cian and General Manager of the children's pedagogical classroom, values, actitant for children who don't fit in the little child doesn't have to go to -"The brain wants to have fun! A pedagogy for good health." than the verbal. I call this outdoor vates and uses other abilities rather traditional classroom. The outdoor clinic at the University Hospital in Linköping Nina Nelson, senior lecturer, senior physi-

och Skur" (specialized on outdoor capacity, the children within "I Ur motor skills are better, they are less activities) pre-schools are more research at the Institution of landscape Patrik Grahn, senior lecturer and head of within a normal pre-school. Their planning at the governments national Agri frustrated, restless and sick." than twice as focused as children -"When it comes to concentration





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



## Skogsmulle n the world

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

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

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

## Germany

Established in Bavaria since 1989

## Norway

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

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

## **South Korea**

Skogsmulle started in South Korea in 2003

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

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

## Other countries

Mexico, England, Canada, USA and Denmark



# **Friluftsfrämjandet**

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

- 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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