

## Outdoor recreation day

Outdoor activity days in the upper secondary school in order to increase students' wellbeing (physical and mental status).

The aim is to add more physical activity in the learning – hands-on learning in the elements and to deepen the relationship between students and teachers.

Examples of activities:

- hikes in cultural landscapes/historical areas
- seasonal and regional activities such as different winter sports, canoeing, fishing, etc.

To carry out this activity you will need:

- Accessible outdoor environment suited for the selected activity
- Material for the selected activity
- Transportation