



## How Scouting's Outdoor Activities Promote Social-Emotional Learning

We don't have to tell you that Covid-19 upended daily life and public education in profound ways. We often talk with educators who say most of their kids are two years behind where they should be in developing social skills. Schools have a lot of catching up to do and little time to do it when they're also trying to get students caught up academically.

This is where Scouting can help. In fact, Scouting specializes in social-emotional learning. As children play together, participate in outings, earn badges, and complete service projects, they learn and practice these critical social-emotional skills:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

Read on to learn more from pediatricians about how Scouting and the outdoors can impact social-emotional learning.

We look forward to partnering with your school as you play covid catch up and lean into social-emotional learning. We will be contacting you soon to discuss scheduling recruiting efforts in your school. Thank you for your service to young people!



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The Lincoln Heritage Council is committed to helping young people throughout our 64-county service area get out, do more, and be as safe as possible. We offer programs for boys and girls from kindergarten through high school. Contact us to learn more about how you can help us help your community.



## Advice from Pediatricians

Outdoor play lies at the heart of the Scouting program. The youngest Scouts take day hikes and go swimming; the oldest embark on rugged multi-day backpacking and canoe treks.

According to the American Academy of Pediatrics, children and teens who spend time in nature tend to be:

**Physically healthier.** Children play harder outdoors, and outdoor play is linked with improved motor development and lower obesity rates.

**More engaged in learning.** Playing outside promotes more curiosity, creativity, and critical thinking. Studies have found that children who spend more time in nature exploration learn better.

Scouts don't just enjoy nature; they learn from it. As they pursue merit badges like Environmental Science, they slow down to observe and reflect on the wonders of the world around them.

The Outdoor Code and the principles of Leave No Trace and Tread Lightly! teach Scouts how to behave properly and respectfully in the outdoors, and those lessons invariably carry over to life back home.

**More positive in behavior.** Research has found that when children spend time in natural settings they have less anger and aggression. Impulse control also improves.

**Mentally healthier.** Stress and depression are lower for all people who spend time in nature. Children show increased focus and reduced attention deficit hyperactivity disorder.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Getting-Children-and-Teens-Outside-While-Social-Distancing.aspx>

There is no instant gratification in camp, nor are there the constant distractions of modern life. Scouts learn to slow down, be patient, and ultimately reap the rewards that come to those who wait.



**GET OUT, DO MORE, BE SAFE**