Outdoor Trips and Their Beneficial Aspects for Kids by

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I still feel nostalgic when I rejuvenate my childhood days spent amid the greenery of North East India. Though the call of my job made me come to the metropolis, I still feel like going back to the lap of the green fields and floating rivers. In my paternal house, we have a big loan attached to the cottage type building. Not like the children today, we spent our childhood days more on the field and river side.

Every year, we used to plan for a trip where all our family members accompanied us. Those trips not only provided us mental and physical relaxation, those were also a great way of increasing our familiarity with the nature. Moreover, the trips enlarged our sphere of knowledge about our roots and culture. Those trips help me lot even today also in my writing stuffs. Meeting new people and knowing about new cultures were the best part of these trips. The childhood is perfect time for gaining new knowledge. When we are kids, our brain is like an empty note book. Our experience and interaction with the outer world leaves the marks in the blank pages. This way only we enlarge our sphere of knowledge.

Outdoor tours or excursions are beneficial for people belonging to any age group. For children, it provides multi facet benefits. In todayâ€™s time, children very rarely get time to have a close interaction with the outside or natural world. The pressure of academic competence is increasing day by day. Moreover, the invention of technically advanced devices made the children almost home sick. They love to play the video game more than trying their hands in some outdoor games. Thus the problem of obesity is a common phenomenon is todayâ€™s scenario. But field trips or excursions provide endless numbers of benefits to the children. Some of the benefits are briefly discussed below:-

1-Time with Loved Ones- Such trips gives an opportunity to the students to spend some rejuvenating time with the loved ones. For working parents, who donâ€™t get enough time to spend with their kids, such trips can be of utmost importance

2-Hands on Learning Experience- It is a common human nature that we learn and remember the things that we experience practically. When children are told about their culture or heritage inside the classroom, they only generate partial interest towards the subject. Excursions or outdoor trips gives the children hands-on experience and increases their level of interest

3-Appreciation for Different Cultures- We human beings are social by nature. We canâ€™t live an isolated life. Taking children to such trips increases their familiarity with their own social structure and also gives them a chance to know about other culture

4-Better Grades and Understanding- According to the Nevada Natural Resource Education Council, field trips can result in greater achievement in all subjects. By seeing real-life application of the lessons that they are learning in school, children might be more likely to understand and appreciate the importance and relevance of what they are learning.

Popular field trip sites include zoos, nature centers, community agencies such as fire stations and hospitals, government agencies, local businesses and science museums. Field trips provide a variety of benefits to children and to the community.

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