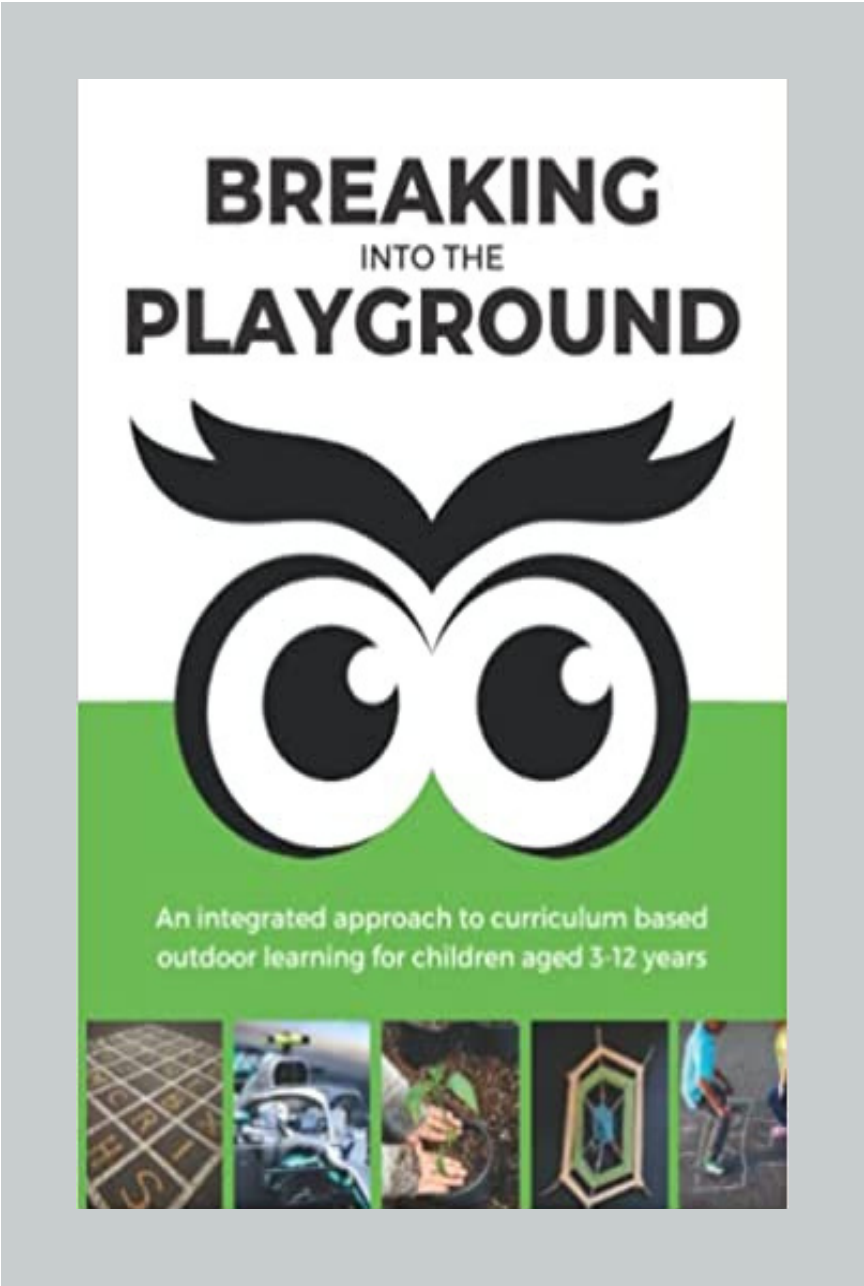
Love Outdoor Learning

HELPFUL BOOKS

When we run training sessions we always take along a small selection of books that we think schools may find helpful. But, our personal library of books is much bigger than we can carry. So here is some of our favourites.

This list will be updated on an ongoing basis.



Is there a book you think we should include?
Email us at info@loveoutdoorlearning.com

In order of

Our top books

Books that remind you why

Books exploring theory

Outdoor skills

Gardening

Foraging

Forest School

Other Gems

Our Top Books

Breaking into the Playground, Carol Murdoch, 2022

Carol provides a host of simple yet effective ideas to help you take all primary school levels into the playground. Carol's approach requires few resources and is helpful for any teacher.

Messy Maths: A playful, outdoor approach for early years, Juliet Robertson, 2017

Juliet Robertson offers a rich resource of ideas that will inspire you to tap into the endless supply of patterns, textures, colours and quantities of the outdoors and deepen children s understanding of maths through hands-on experience.

Dirty Teaching: A Beginner's Guide to Learning Outdoors, Juliet Robertson, 2014

Drawing on academic research, Juliet explains why learning outdoors is so beneficial and provides plenty of tips and activities to help you to integrate outdoor learning into your teaching practice, providing a broad range of engaging outdoor experiences for your students.

Books that Remind You Why

Into the Forest: How Trees Can Help You Find Health and Happiness, Dr Qing Li, 2019

Humans are increasingly becoming an indoor species. We spend 90 per cent of our life indoors. And, on average, we dedicate eight hours a day looking at screens. Our increasingly domestic lives are having huge consequences to our health.

Wild Child: Coming Home to Nature, Patrick Barkham, 2021

From climbing trees and making dens, to building sandcastles and pond-dipping, many of the activities we associate with a happy childhood take place outdoors. And yet, the reality for many contemporary children is very different. The studies tell us that we are raising a generation who are so alienated from nature that they can't identify the commonest birds or plants, they don't know where their food comes from, they are shuttled between home, school and the shops and spend very little time in green spaces—let alone roaming free.

Last Child in the Woods: Saving our Children from Nature-Deficit Disorder, Richard Louv, 2013

Last Child in the Woods shows how our children have become increasingly alienated and distant from nature, why this matters, and what we can do to make a difference. It is unsentimental, rigorous and utterly original.

Losing Eden, Why Our Minds Need The Wild, Lucy Jones, 2020

Today many of us live indoor lives, disconnected from the natural world as never before. And yet nature remains deeply ingrained in our language, culture and consciousness. For centuries, we have acted on an intuitive sense that we need communion with the wild to feel well. Now, in the moment of our great migration away from the rest of nature, more and more scientific evidence is emerging to confirm its place at the heart of our psychological wellbeing. So what happens, asks acclaimed journalist Lucy Jones, as we lose our bond with the natural world-might we also be losing part of ourselves?

Books Exploring Theory

How Children Learn - Book 1: From Montessori to Vygotsky - Educational Theories and Approaches Made Easy (How Children Learn Series), Linda Pound, 2017

An unrivalled introduction to the pioneers of educational theory that you won't be able to get through your studies without. This must-have book includes profiles on Vygotsky, Steiner, Montessori and Froebel, as well as 24 other theorists.

Understanding Schemas in Young Children, Again and Again, Stella Louis et al, 2013

What are schemas and why do they matter? Again! Again! provides an introduction to understanding and supporting schemas and schema play in young children.

No Fear: Growing Up in a Risk Averse Society, Tim Gill, 2007

No Fear' joins the increasingly vigorous debate about the role and nature of childhood in the UK. Over the past 30 years activities that previous generations of children enjoyed without a second thought have been relabelled as troubling or dangerous, and the adults who permit them branded as irresponsible. 'No Fear' argues that childhood is being undermined by the growth of risk aversion and its intrusion into every aspect of children's lives.

No Fear: Growing Up in a Risk Averse Society, Tim Gill, 2007

'No Fear' joins the increasingly vigorous debate about the role and nature of childhood in the UK. Over the past 30 years activities that previous generations of children enjoyed without a second thought have been relabelled as troubling or dangerous, and the adults who permit them branded as irresponsible. 'No Fear' argues that childhood is being undermined by the growth of risk aversion and its intrusion into every aspect of children's lives.

Learning Outside the Classroom: Theory and Guidelines for Practice, Beames et al, 2011

Learning Outside the Classroom outlines theory and practice that will enable and encourage teachers to systematically and progressively incorporate meaningful outdoor learning opportunities into their daily teaching.

Outdoor Skills

Woodworking and Whittling for Kids, Teens and Parents: A Beginner's Guide with 51 DIY Projects for Digital Detox and Family Bonding (DIY Series), Stephen Fleming, 2020

This book entails our journey with 31 Whittling and 20 Woodworking projects.

I love my World: The playful, hands-on nature connection guidebook, Chris Holland, 2012

I love my World is a new guidebook to rekindle the naturally playful spirit and develop a deep connection with nature from an early age. Full of bushcraft, environmental art, nature awareness and outdoor play activities, as well as mentoring tips and beautiful images, this book will make you want to pack your bags, step out and celebrate our wonderful world.

Learning Through Woodwork: Introducing Creative Woodwork in the Early Years, Peter Moorhouse, 2017

This guide provides clear and comprehensive support for those looking to introduce creative woodwork into early years settings. With theory, practical advice, stunning colour images and case studies, the book will inspire practitioners to embrace woodwork and encourage children's independent creative learning.

Forest Craft: A Child's Guide to Whittling in the Woodland, Richard Irvine, 2020

In today's hectic world, many of us are looking for ways to slow down, take time out, and calm our busy minds. The benefits of doing this are well documented for overworked adults. However, there s an increasing focus on how much children can gain from regular, quiet, meditative practice. An absorbing pastime like whittling in a peaceful woodland setting offers exactly that.

Gardening

Fruit and Vegetables for Scotland: What to Grow and How to Grow It, Ken Cox and Caroline Beaton, 2020

Fruit and vegetables have formed a fundamental part of the Scottish diet for thousands of years. This fascinating and practical book explores the history of fruit, vegetable and herb growing in Scotland, and provides a contemporary guide to the best techniques for growing produce, whether in a garden, allotment, patio or window box.

Veg in One Bed New Edition: How to Grow an Abundance of Food in One Raised Bed, Month by Month, Huw Richards, 2019

All you need is one raised bed to grow an abundance of food. For keen gardeners starting from scratch, best-selling gardening author and YouTuber Huw Richards first shows you how to build your raised bed on a budget before introducing other elements key to your growing success, such as planning for frost and making your own compost.

Foraging

The Forager Handbook: A Guide to the Edible Plants of Britain, Miles Irving, 2009

Miles Irving, an internationally renowned wild foods expert who has worked with some of the world's best chefs, reveals the how, why, what and where of foraging - lost art and way of life that is becoming increasingly popular as more and more of us pursue an eco-friendly, cost - effective and sustainable lifestyle. This ground-breaking handbook, complete with over 300 stunning photographs, tells you how to recognise the rich variety of wild food that surrounds us.

Scotland's Wild Medicine Book, Lilia Sinclair and Clare Holohan, 2022

Our book, Scotland's Wild Medicine, brings this ancient knowledge back to you, along with techniques you can use, plants you can forage, and recipes and medicines you can make for you and your family. The seasonal guide is both practical and beautiful, detailing what you can find on your doorstep each month of the year.

Forest School Books

Forest School for All, Sara Knight, 2013

Helps demonstrate how to run Forest School sessions with a wide range of different age groups and in many different settings.

The Essential Guide to Forest School and Nature Pedagogy, Cree and Robb, 2021

This book is a complete guide to Forest School provision and Nature Pedagogy and it examines the models, methods, worldviews and values that underpin teaching in nature.

A Tree in Your Pocket, Jacqueline Memory Paterson, 1998

Be inspired by the myth, magic and wisdom of trees This gift edition of Tree Wisdom is a beautifully illustrated pocket book that explores the world of trees.

It includes concise descriptions of 17 different trees, and reveals the fascinating myths and legends, magical properties and healing powers that surround them.

Other Gems

Play is the Way, Little Book of Quotes, Byrony Dates, 2021

This is my personal go to when I need a moment to pause and a wee boost alongside. A wonderful book of quotes both modern and timeless from some of ECE's greatest thinkers and active participants, exquisitely illustrated.

5 Minute Nature Stories: True tales from the Woodland, Gabby Dawnay, 2022

Discover the interconnectedness of nature with this non-fiction story collection. Written by science writer and poet Gabby Dawnay, each read-aloud story celebrates everyday miracles in a woodland.

The Stick Book: Loads of things you can make or do with a stick (Going Wild), Jo Schofield and Fiona Danks, 2013

The stick is a universal toy. Totally natural, all-purpose, free, it offers limitless opportunities for outdoor play and adventure and it provides a starting point for an active imagination and the raw material for transformation into almost anything!

The Garden Cottage Diaries: My Year in the Eighteenth Century, Fiona J Houston, 2009

Challenged to prove her claim that an 18th-century diet was better than today's, for a full year Fiona J Houston recreated the lifestyle of her 1790s rural Scottish ancestors in a basic one-roomed cottage, cooking from her garden and the wild, often entertaining family and friends, and surviving on her own resources.

The Almanac: A Seasonal Guide to 2023, Lia Leendertz, 2022

Reconnect with the seasons in Britain and Ireland with this month-by-month guide to the world around us - including key dates, tide tables and garden tasks; constellations and moon phases; sunrises, folk songs, seasonal recipes plus a 'bun of the month'; and - because 2023 will be a good year for planet spotting - the solar system and the zodiac.

Other Gems

A Scots Dictionary of Nature, Amanda Thomson, 2019

A Scots Dictionary of Nature brings together - for the first time - the deeply expressive vocabulary customarily used to describe land, wood, weather, birds, water and walking in Scotland.

The Lost Words: Rediscover our natural world with this spellbinding, MacFarlane and Roberts, 2017

A timeless, beautifully designed book for children and adults alike, *The Lost Words* will be pored over and cherished for years to come.

All over the country, there are words disappearing from children's lives. These are the words of the natural world; Dandelion, Otter, Bramble and Acorn, all gone. A wild landscape of imagination and play is rapidly fading from our children's minds.