



Open-Sky  
School

Category  
ENGLISH



Activity

# Reading in the park

## MATERIALS

- A book (i.e., library book, class book)

Optional: notebooks, pencils, sunglasses or hats if it is sunny outside

## DURATION

60 MINUTES

## Activity Summary

Students choose a book to read outdoors. The objective of this activity is to have students explore the surrounding factors that facilitate or hinder their reading. This activity takes place individually.

## Preparation

- Make sure the floor is not too wet, as students will be sitting on the ground. If necessary, put a mat or blanket on the ground for students to sit on.



## Steps

**A.** Tell students to sit comfortably and start reading their book.

**B.** After approximately 30 minutes have passed, invite students to take a break from reading.

Ask students:

- *Are you comfortable? Do you enjoy reading outside? Why?*

Invite students to reflect and write their thoughts in their notebooks.

**C.** Ask students to change their reading spot and position to explore other surrounding factors that could make reading easier or more difficult to do outdoors.



RETURN  
TO GROUP

Ask students:

- What factors made it easier for you to concentrate during your reading?
- What factors hindered your reading?

### REINVESTMENT:

Repeat this activity under different conditions. For example, you can sit closer to the schoolyard during recess, or carry out the activity before or after a period of mindfulness, on a hot and sunny day, or on a windy day.