



## Benefits of farm visits

Hi. My name is \_\_\_\_\_ and I have worked in farm education for the last \_\_\_\_\_ years. In my experience, the benefits of visiting a farm can be split into four main categories. Personal development, educational benefits, improvements to physical and mental health and an improved understanding on the natural world.

In terms of **personal development**, it is important that everyone has access to an outdoor environment that can allow them to explore, experiment, discover and develop. It is always interesting to see how individuals use their problem-solving skills when out on the farm. Creativity flourishes and there are loads of opportunities that allow individuals to use their imagination, inventiveness and resourcefulness.

**Educationally**, there are a wide range of benefits and visiting a farm offers an exciting alternative to learning in a classroom. Visitors are able to learn about food and where it comes from, helping them to trace that journey from field to fork and providing opportunities to question farmers about food production. From a curriculum perspective, there are loads of ways in which farm visits can support work back in the classroom.

**Physically**, farm visits can encourage healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement. Visits to the farm very often involve a walk around the site or participation in some sort of practical activity. Many studies have shown that exposure to the natural environment can improve some of the **mental health** issues that may make it difficult for children to pay attention in the classroom. It has also been noted that symptoms



## Setting up a farm visit

Food for Life online course FFL001

of disorders such as ADHD are reduced when children have access to outdoor environments. Also, outdoor experiences may aid the recovery from things like stress and anxiety.

And finally, giving people access to the **natural world** can lead to increased environmental awareness. A farm visit allows people to experience the sights, sounds and smells of the countryside, whilst also providing opportunities to develop an interest in animals and living things in a real world setting rather than just in a story book.