



ASSOCIATION FOR
LEARNING ENVIRONMENTS

Enhancing the Educational Experience

Western Australia

western australia chapter events 2022

please refer to learning environments wa chapter website
for details: <https://a4le.org.au/news/wa-news/>

december
thursday 8th

presentation#01 + light breakfast
//join us to hear from **Cath Fitzhardinge**//

members: \$15+ GST
non-members: \$25+ GST

7.15am-9am

// Back-Bar Hylin //178 Railway Parade (enter
off Abbotsford Street) Hylin, West Leederville
WA, 6007//

// includes: 2 coffees or a juice// an
assortment of bagels, crossiants, bircher
muesli, muffins and banana bread//

“The changing state of
outdoor play. How
learning environments-
can influence child health
and wellbeing”



cath fitz

Occupational Therapist
Nature Space Consultant & Nature Play Advocate



“As you all know, nature is a critical determinant of health and wellbeing, therefore meaningful access to nature is critical for humans to thrive. As an Occupational Therapist, I advocate for children (and adults) living in urban areas to have access to nature, and to embed nature into their everyday lives.

I collaborate with Landscape Architects, schools, Early Learning Centres, and Local Councils in the creation and activation of nature spaces.

My presentation, “The changing state of outdoor play. How learning environments can influence child health and wellbeing”, will explore how children’s access to free play outdoors has changed over the years, and highlight the universal opportunities that learning environments can offer children to connect with nature, with others, and with themselves to foster competence, confidence, curiosity and kindness.

I will also talk about my Masters research project which is supported by the p[r]ep project at Notre Dame University, “Bringing self-regulation into play”: How can intentionally designed nature play spaces in Western Australian Primary Schools influence students’ emotions and behaviour?” where I will be investigating the impact of outdoor play spaces on primary school student’s self-regulation.”

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