Getting into nature

The Benefits*:

- Did you know children who play outside on a daily basis demonstrate increased creativity, better problem solving skills, more focus, and better self discipline?

- Getting out into nature finds many social benefits including better cooperation in groups, greater flexibility, and self-awareness.

- The emotional benefits of time outside include increased stress reduction, reduced aggression and increased happiness.

- Children who have regular opportunities for free and unstructured play in the out-of-doors are better able to get along with others, healthier and happier.

*According to the Children & Nature Network, www.cnaturenet.org among other studies

The vision and mission of the Children & Nature Network is to give every child in every community a wide range of opportunities to experience nature directly, reconnecting our children with nature’s joys and lessons, its profound physical and mental bounty.

Books to help you get outside and explore!


- I Love Dirt! 52 Activities to help you & your kids discover the wonders of nature – Jennifer Ward (Ages 4-8)

- Let’s Go Outside! Outdoor Activities and Projects to Get You and Your Kids Closer to Nature – Jennifer Ward (Ages 8-12)

- 15 Minutes Outside: 365 Ways to get out of the house and connect with your kids – Rebecca P. Cohen

- The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids – Todd Christopher

Websites:

Children and Nature Network
http://www.childrenandnature.org/

Nature Rocks: Let’s Go Explore
http://www.naturerocks.org/

Be Out There - National Wildlife Federation
(includes information about The Green Hour)

A Parent’s Guide to Nature Play (printable through Green Hearts Inc.)
http://www.greenheartsinc.org

Where Nature Meets Story...includes simple outdoor activities, as well as great books for kids of every age to read along the way.
http://www.childrenandnature.org/naturestory/