

Celebrate Nature!!!

April 27, 2017 is Earth Day



Celebrate the earth and nature with your children. According to the David Suzuki Foundation, spending time outside increases ones ability to problem solve and be more creative. Children learn better and are also physically healthier when they play outside.

Encouraging children to spend time in nature can also help decrease their stress and boost their immune systems and energy levels. Parents and teachers play a very important role in helping their children develop a love of nature. Fostering a connection with nature at an early age often leads to them being outside more and being interested in nature when they are older.

Exercise is another benefit of kids being out in nature. Many children spend less than 30 minutes a day outside. This Earth Day, you can boost your children's time outside by trying some of the following activities:

- Take a nature walk and listen for different sounds (animals, birds, water)
- Gather things to make art from (leaves, rocks, cones etc.)
- Play a game of ball
- Hike a trail
- Take a bike ride
- Plan a garden space for the spring
- Rake your lawn and watch for different bugs or insects

Adapted from: <http://getbackoutside.ca/>

Healthy Learners in School Program
Anglophone West School District
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