



“Come forth into
the light of things,
let nature be
your teacher.”

WILLIAM
WORDSWORTH

MISSISSIPPI STATE UNIVERSITY™
EXTENSION



NC STATE Design

For more ideas about how to connect your kids with nature, visit

www.naturalearning.org

www.kidsnatureconnection.org

www.natureworkseverywhere.org

www.nature.org/newsfeatures/kids-in-nature/

Facts presented in this brochure were first featured in “Benefits of Connecting Children with Nature” from the Natural Learning Initiative: http://bit.ly/take_kids_outside

Learn more about MSU Extension 4-H and Mississippi Master Naturalists at <http://extension.msstate.edu>

This project is a partnership of Mississippi State University Extension Service, its Master Naturalists program, and the Natural Learning Initiative.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director

Get kids into the GREEN

CONNECT YOUR CHILDREN
WITH THE GREAT OUTDOORS!



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Nature helps children grow!

KIDS FEEL HAPPIER, EAT HEALTHIER, AND GET ALONG BETTER WHEN THEY GET TO CONNECT WITH NATURE IN GREEN AREAS LIKE PARKS, FORESTS, AND GARDENS.



Kids need time outdoors to grow their social skills and creativity. Children who spend a lot of time outside do better in school, cooperate more with their classmates, and say they feel more peaceful.



As you encourage your children to go outside, you'll be encouraging them to be more active.

NATURE HELPS CHILDREN DEVELOP

- academically
- emotionally
- intellectually
- physically
- socially
- spiritually

PLAYING OUTSIDE ENCOURAGES

- physical activity
- good manners
- creativity
- self-discipline
- social skills
- cooperation



TAKE YOUR BABIES AND TODDLERS OUTSIDE!

Take nature walks and point out flowers, trees, birds, and animals.



TAKE YOUR PRESCHOOLERS OUTSIDE!

Let the kids play outside in green spaces. They can look for fish in ponds, walk in tall grass, and look for birds. Encourage them to ask questions!



TAKE YOUR YOUNG CHILDREN OUTSIDE!

Join a 4-H club! MSU Extension's 4-H Youth Development program offers opportunities for Mississippi's youth to put their heads, hearts, hands, and health to work as they learn and apply the essential elements of 4-H—belonging, mastery, independence, and generosity.

TAKE YOUR TEENS OUTSIDE!

Even your high schoolers need to get outdoors into green spaces! Encourage them to become Mississippi Master

Naturalists, sponsored by the MSU Extension Service, or to join other environmental organizations like the Audubon Society.

