



Explore the Calming and Settling Effect of Spending Time in the Outdoors

Now more than ever, we need to practice using imaginative hope to think seriously about how to create a healthier, nature-rich, more equitable civilization in the years to come.

—Rich Louv, Author and Co-founder of the Children & Nature Network

MINDFUL MINUTE EXERCISES QUICK AND EASY PRACTICES

Mindfulness in the Outdoors

If you are looking to exercise your mindful muscles with simple, enjoyable activities that can get you outside while you are at it, then give these 3 outdoor mindfulness activities a try;

- ◊ Sit Outside and Listen
- ◊ Go On Mindful Stroll
- ◊ Move Meditatively

[Read More...](#)



SELF-CARE RESOURCES

Nature is a Natural Healer

Explore nature's role in supporting resilience during times of adversity by watching this recorded webinar from the Children & Nature Network.

[Watch Here...](#)



GOOD READS

Make a Connection to Nature

With each passing day of this crisis, it becomes more clear that too many children lack equitable access to nature. We'll need new and creative strategies for connecting to the natural world.

[Read More...](#)

The University of Maryland Extension 4-H Youth Development Program

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