REIGNITE YOUR POTENTIAL
FRPA | 2021

WELCOME!

CONFERENCE REMINDERS

- CEU attendance will be taken by the collection of Evaluations at the end of class. You MUST fill out an evaluation if you would like CEU credit
- The Evaluations help FRPA gather feedback for speakers and future education. Everyone is encouraged to complete one.
- Please leave seating in all classrooms and General Sessions as it is upon entry as these are in place per safety protocols.
- Follow current Conference mask, safety, and physical distance protocols at all times.
- Keep your personal pen handy to cut down on sharing writing devices (and germs!).
- Respect the comfort of others by judging your interactions based on what color wristband they have chosen.

Welcome to the 2021 FRPA Conference!

August 30 - September 2

Learning objectives

1. Identify the benefits of a nature connection and outdoor play

2. Recall how to connect children to nature and outdoor play

3. Create an outdoor experience to gain a greater understanding of our natural world.

The Child Nature Connection

AUTUMN REICH

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Remember when?

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We live what we experience!

Benefits to Connecting with Nature

- Combats obesity
- Assist our overall health and immune system
- Improves academic performance
- Stimulates creativity and imagination
- Reduces stress
- Fewer symptoms of ADHD
- Healthier immune system
- Greater respect for themselves and others
- It's FUN!

Combats obesity

Assist our overall health and immune system

- Looking at a body of water makes us happy
- Lowers stress hormones, pulse and blood pressure just being outside
- Free Vitamin D
- Combats depression and anxiety

WELL-BEING | DIET | FITNESS

MIND & BO

THE EPOCH TIMES

NATURE AS MEDICINE

Rediscovering the Healing Power of the Great Outdoors

We ignore our scientifically proven (and once acknowledged) link with nature at our own peril

CONAN MILNER

It's called vitamin D, but it really isn't a vitamin at all. Today, researchers see it as more of a hormone than a nutrient. A major source of this so-called vitamin is unique: Unlike other vitamins, we get far more vitamin D from sun exposure than from food. This compound is made in your skin, activated by your liver and kidneys, and fueled by the sun's ultraviolet (UV) rays.

When scientists first discovered vitamin D, they saw it as a cure for a disfiguring childhood bone disease called rickets. The connection earned vitamin D a reputation for bone health, but researchers have since found many more health benefits linked to the sunshine vitamin, such as improved immune function and metabolism, as well as acting as an anti-inflammatory agent.

The most recent connection to vitamin D's virtues may be as a treatment for COVID-19. Several observational studies conducted over the past year have revealed a striking correlation between vitamin D deficiency and COVID-19 severity. As a result, some doctors who treat COVID-19 patients often include it in their protocol.

To anyone familiar with vitamin D, the news comes as little surprise. Low vitamin D levels have previously been associated with

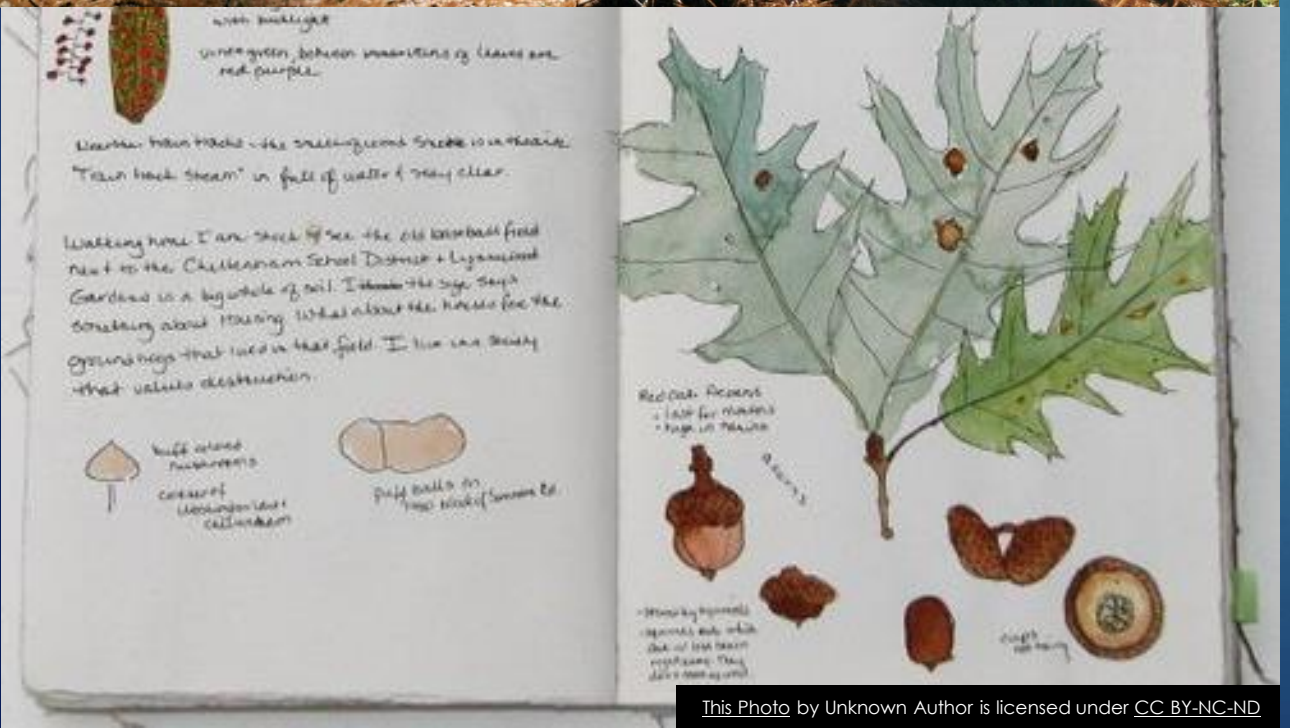
Continued on C2

Doctors today have become far less likely to prescribe the great outdoors.

Improves academic performance

Children's experience in Nature is directly connected to their attention span, and to their creativity.

Richard Louv



Stimulates creativity and imagination

Nature Journaling

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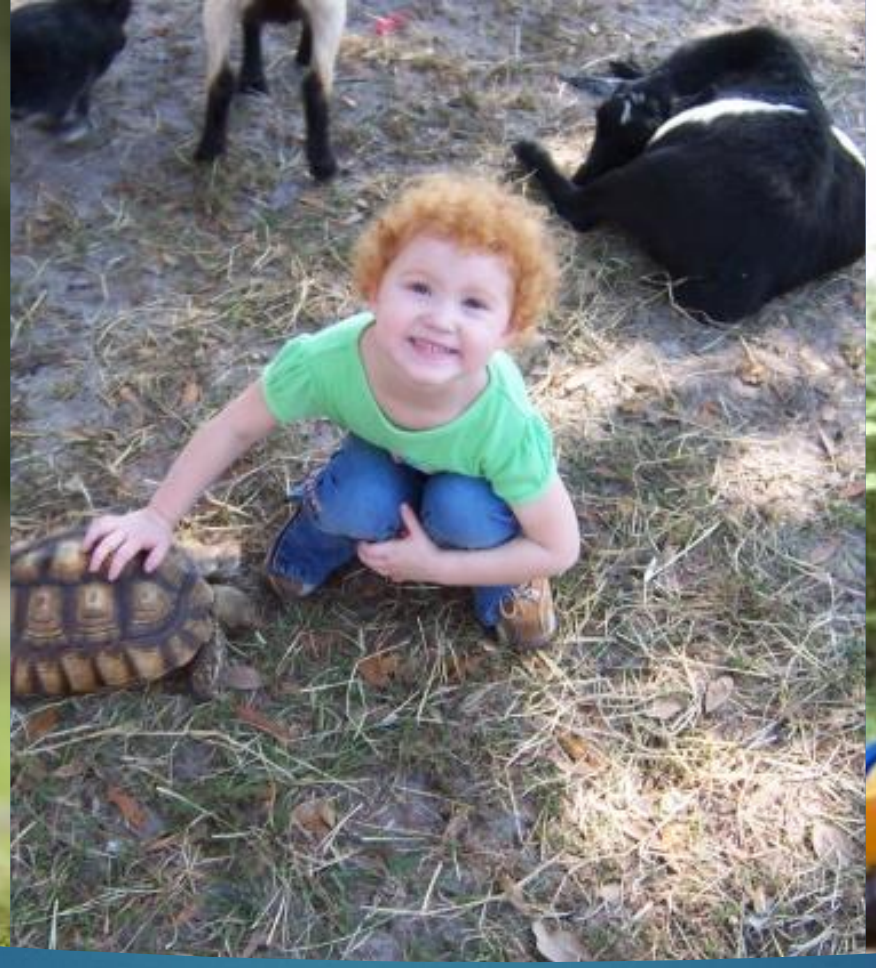
Reduces stress

Fewer symptoms of ADHD
Healthier immune system



Respect for themselves and others

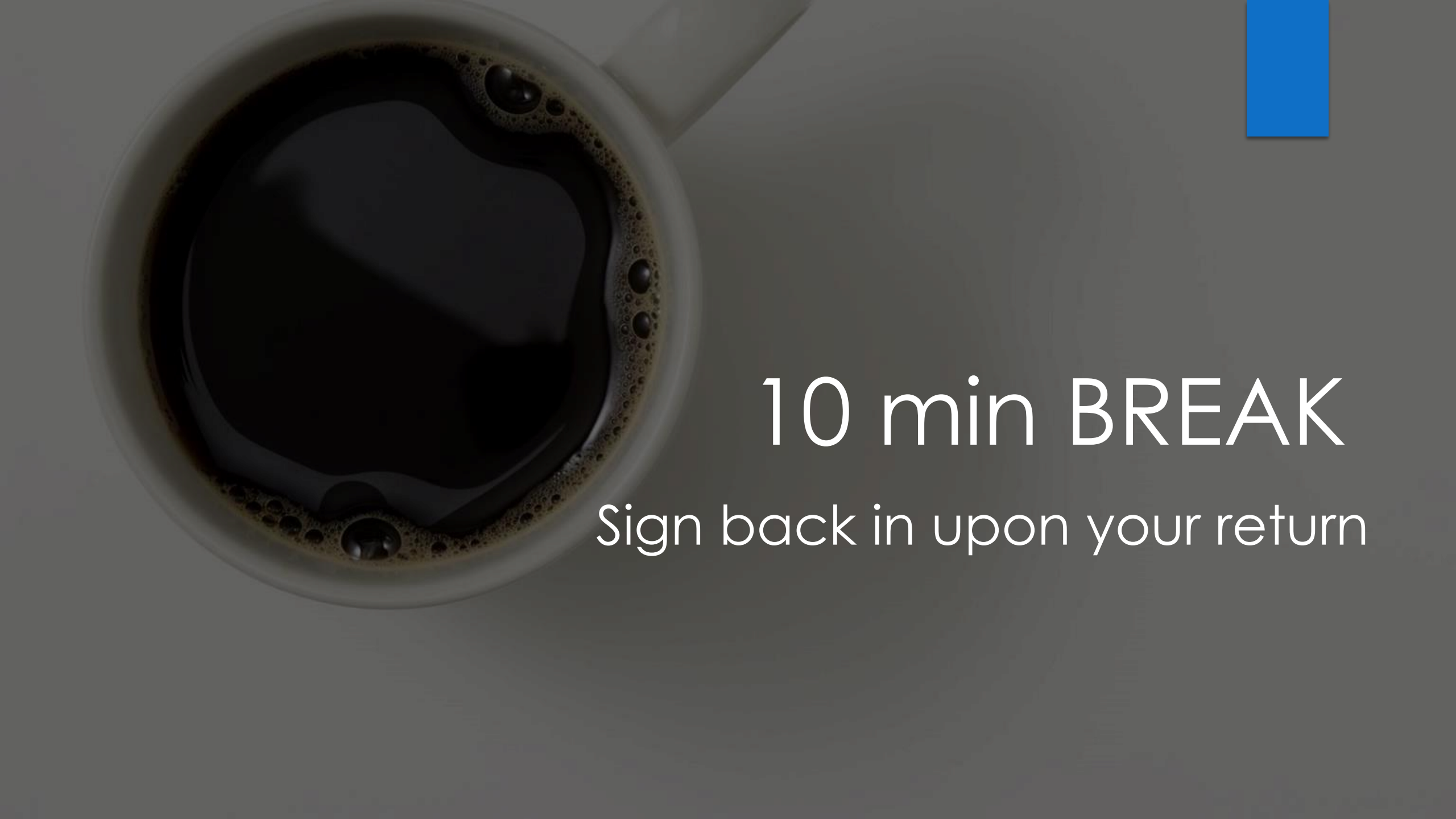
MORE FUN FACTS from NEEF: National Environmental Foundation www.neefusa.org

“Time in nature is not leisure time; it’s an essential investment in our children’s health.” Richard Louv, author of Last Child in the Woods [56]

There is a strong body of evidence attributing improved health with physical activity. In addition, there is evidence suggesting that nature specifically can improve attention and other psychological aspects of health. Playing in nature can positively impact children’s health and well-being. We encourage parents and caregivers to get your children out into the natural environment. Together we can teach them how to protect their health and the environment.

~NEEF’s Children and Nature Initiative: Prescriptions for Outdoor Activity, please visit:

www.neefusa.org/health/children_nature.htm



10 min BREAK

Sign back in upon your return

So WHY do we not go OUTSIDE? (engage in nature)

"Most important gift we can give a child is his or her own enthusiasm for the outdoors."

Marilyn Wysga,
NH Fish and Game

Obstacles to Nature Connection

- Fear
- Technology
- Public owned lands and polices
- Over development
- HOA’s

FEAR

- I noticed…
- I wonder…
- It reminds me of…

TECHNOLOGY

- Phones
- Cameras
- Tablets

Public owned lands

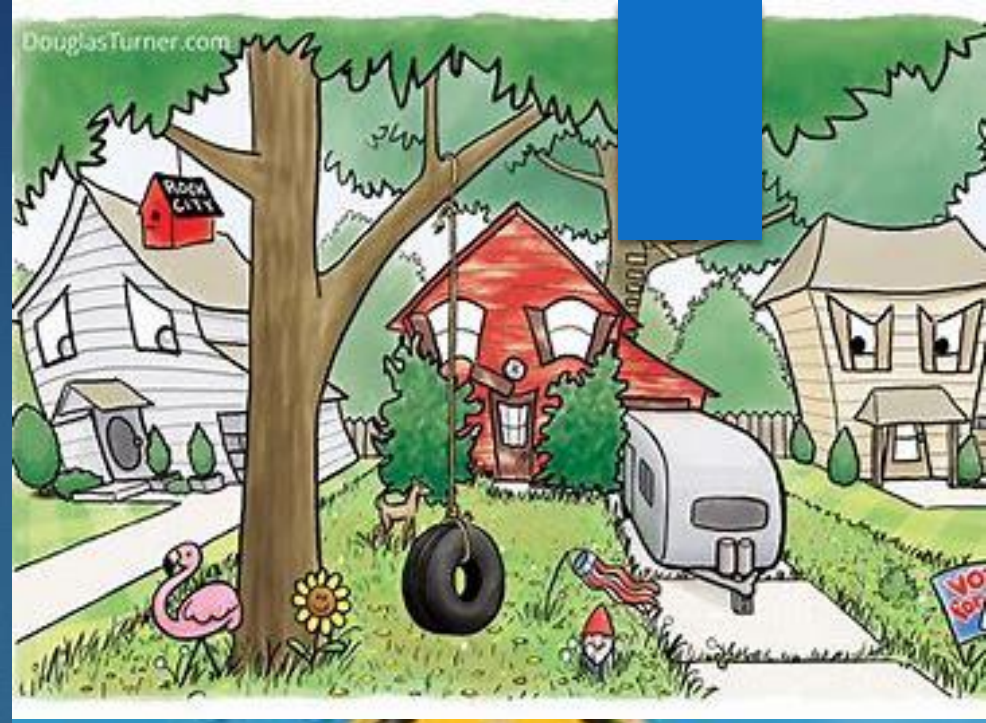
- What Is Government-Owned Property?

Government property consists of land or assets owned by federal, state, or local governments and may also include government agencies or government-sponsored organizations such as libraries or parks

Overdevelopment creates:

- Species Imperilment
- Climate Change
- Land Loss

HOA'S



Planning for time in Nature

What is Nature Programming?

- Let's Define IT:

PLAY

EXPERIENCE

OUTDOORS/OUTSIDE

= Nature Programming

Nature Programming Matters

In tough economic times, it can be difficult to convince bean counters to try new programs. And unfortunately for nature programs, they often fall victim to budget cuts because there simply isn't enough awareness about their value to the community or their mass appeal. Here are some critical reasons why nature programs play an important role in any community:

- Stimulate all aspects and stages of child development.
- Offer multi-sensory experiences.
- Stimulate informal play, experiential learning and natural learning cycles.
- Stimulate imagination and creativity in a special, boundless way.
- Integrate children by age, ability, ethnic background.
- Help children feel good about themselves. Enhance self-esteem.
- Offer children a feeling of "intense peace."
- Center children in the environment where they live.
- Help children understand realities of natural systems.
- Demonstrate the principle of cycles and processes.
- Teach that nature is regenerative.
- Support interdisciplinary, environmental education curricula.
- Provide flexible and forgiving settings.
- Aesthetically appealing to all people.

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PROGRAMMING

Tips to make your outdoor time successfully as a leader:

Lead by example

Think outside the box

Watch and Listen

Share/incorporate some of your favorite times out of doors in your program

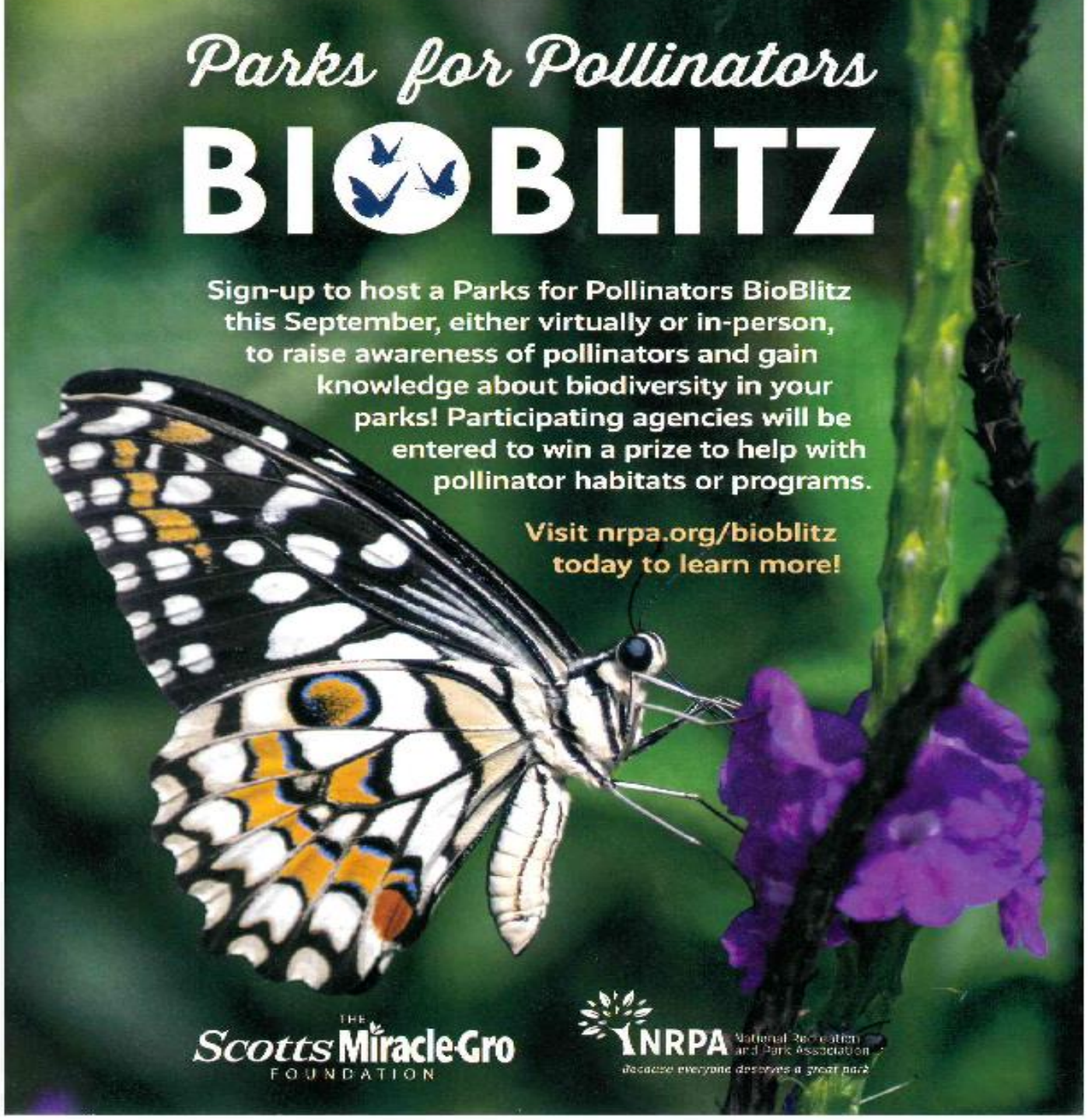
Resolve to be committed

ACTIVITIES

Replace Screen time for Green Time:

- Nature camps
- Family campfire and hikes
- Little Explorers
- Nature Pals
- Eco Warriors
- Enchanted Garden Event
- Explore Discover Grow
- Nature Journaling
- Guest speakers to after-school programs
- Kids Gardening
- Movies in the Park
- Family Campout
- Go Fish! A Family Fishing day

Using Technology



Apps to use

https://play.google.com/store/apps/details?id=org.inaturalist.seek

https://play.google.com/store/apps/details?id=plant.identification.snap

https://play.google.com/store/apps/details?id=org.inaturalist.android

https://play.google.com/store/apps/details?id=com.labs.merlinbirdid.app

https://play.google.com/store/apps/details?id=edu.cornell.birds.ebird

https://apps.apple.com/us/app/picture-insect-bug-identifier/id1461694973

https://apps.apple.com/us/app/star-walk-2-night-sky-map/id892279069

https://apps.apple.com/us/app/itrack-wildlife/id478516226?ign-mpt=uo%3D4

http://www.projectnoah.org/

https://www.inaturalist.org/

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Group Project: Create a Florida child's Outdoor Bill of Rights

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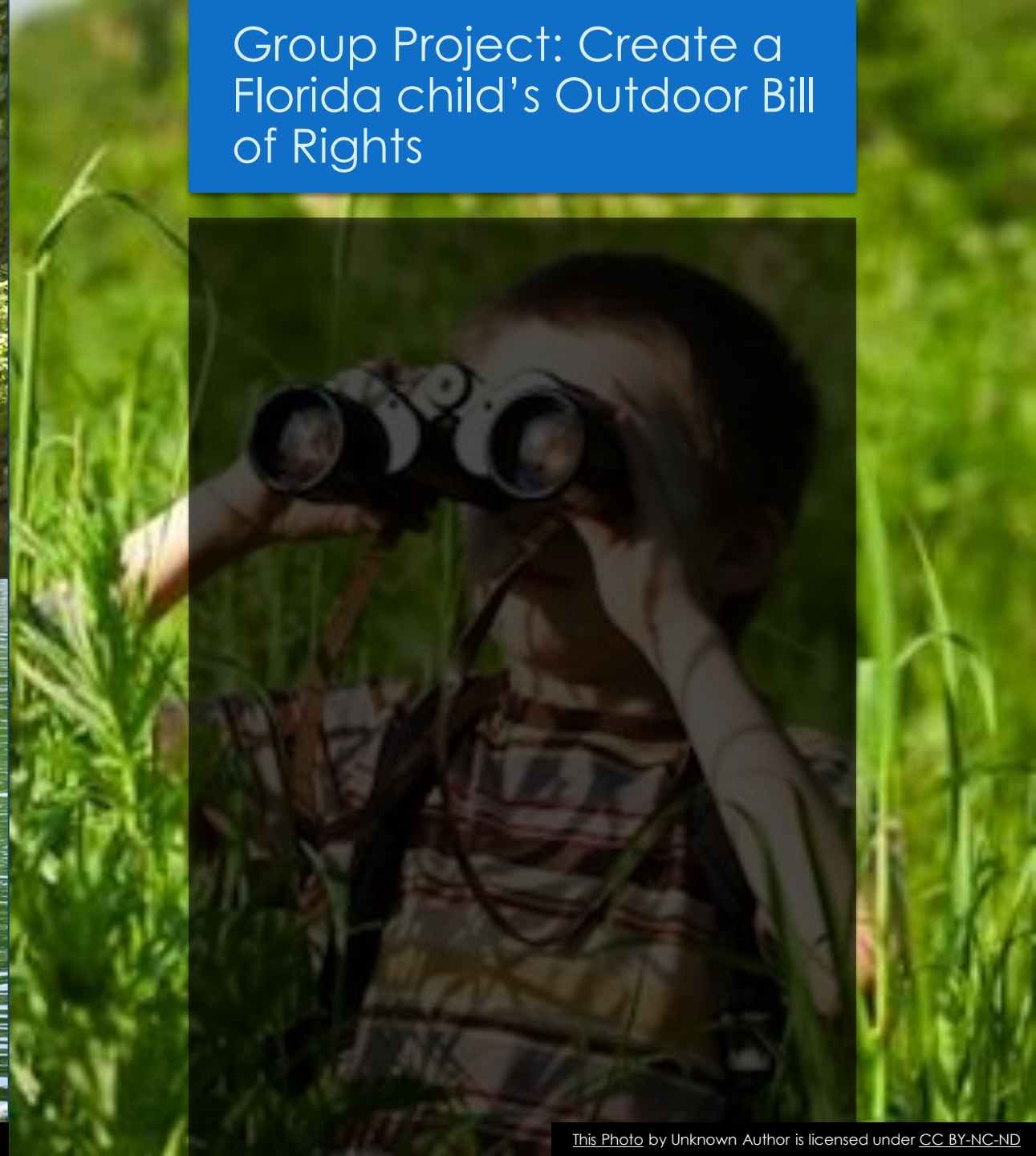

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Group Activity

- Nature Color Match
- SWAMP
- Be a Tree
- Oh Deer
- Food web

Closing Comments:

The Positive effect of involvement with nature(the out of doors) on health, concentration, creative play and developing that essential bond with the natural world is our goal, so that we may form a sustainable foundation of environmental stewardship in our children for out future.

"In the end, **we** will **conserve** only **what we love**; we will love only what we understand and we will understand only what we are taught." Baba Dioum

" Engaging communities, families and individuals in outdoor experiences to achieve healthier lifestyles and sustain Florida's natural resources…It Starts in Parks"

Resources

- http://www.childrenandnature.org/

Reconnecting children with nature

- http://kindernature.org

Preschool lesson plans and ideas

- http://myfwc.com/educator/

Florida Fish and wildlife educator's page

- http://getoutdoorsflorida.com/

Get Outdoors Florida

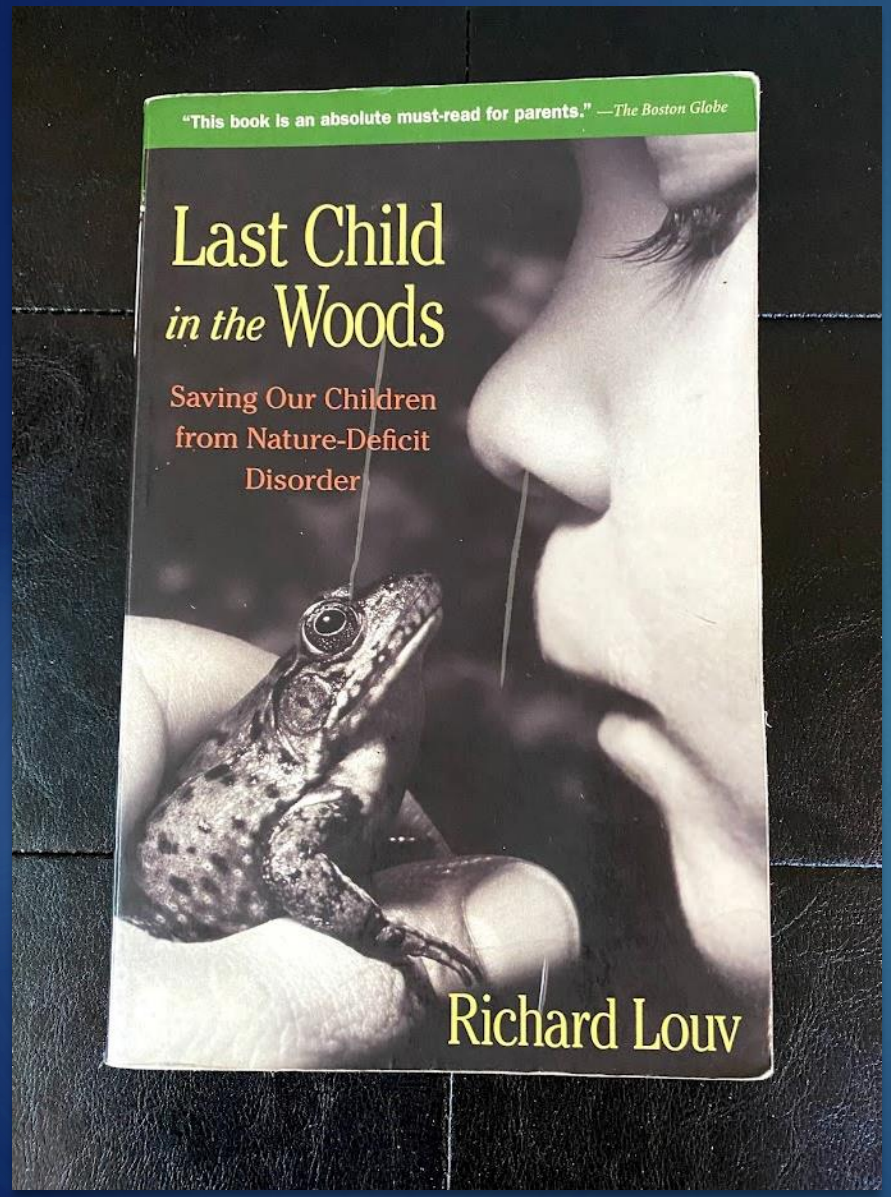
- https://www.neefusa.org/search/site/taking%20technology%20outdoors

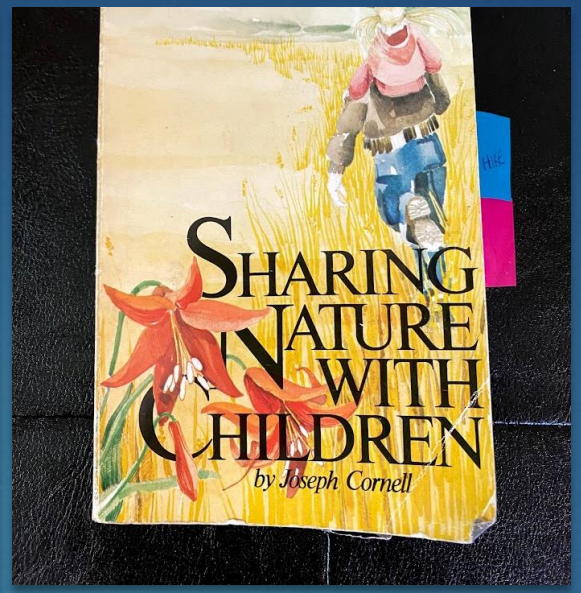
National Environmental Education Foundation

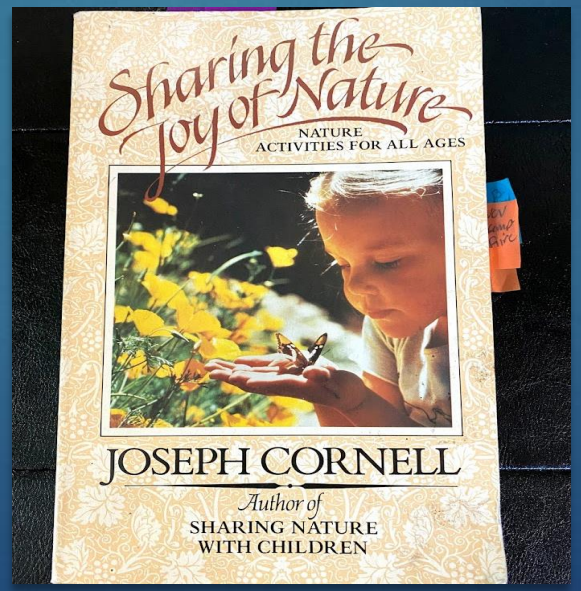
- http://projectwild.org/
- http://www.masternaturalist.ifas.ufl.edu/
- http://www.swfwmd.state.fl.us/publications/type/all
- https://mothernatured.com/freenatureprintables/

Acknowledgements

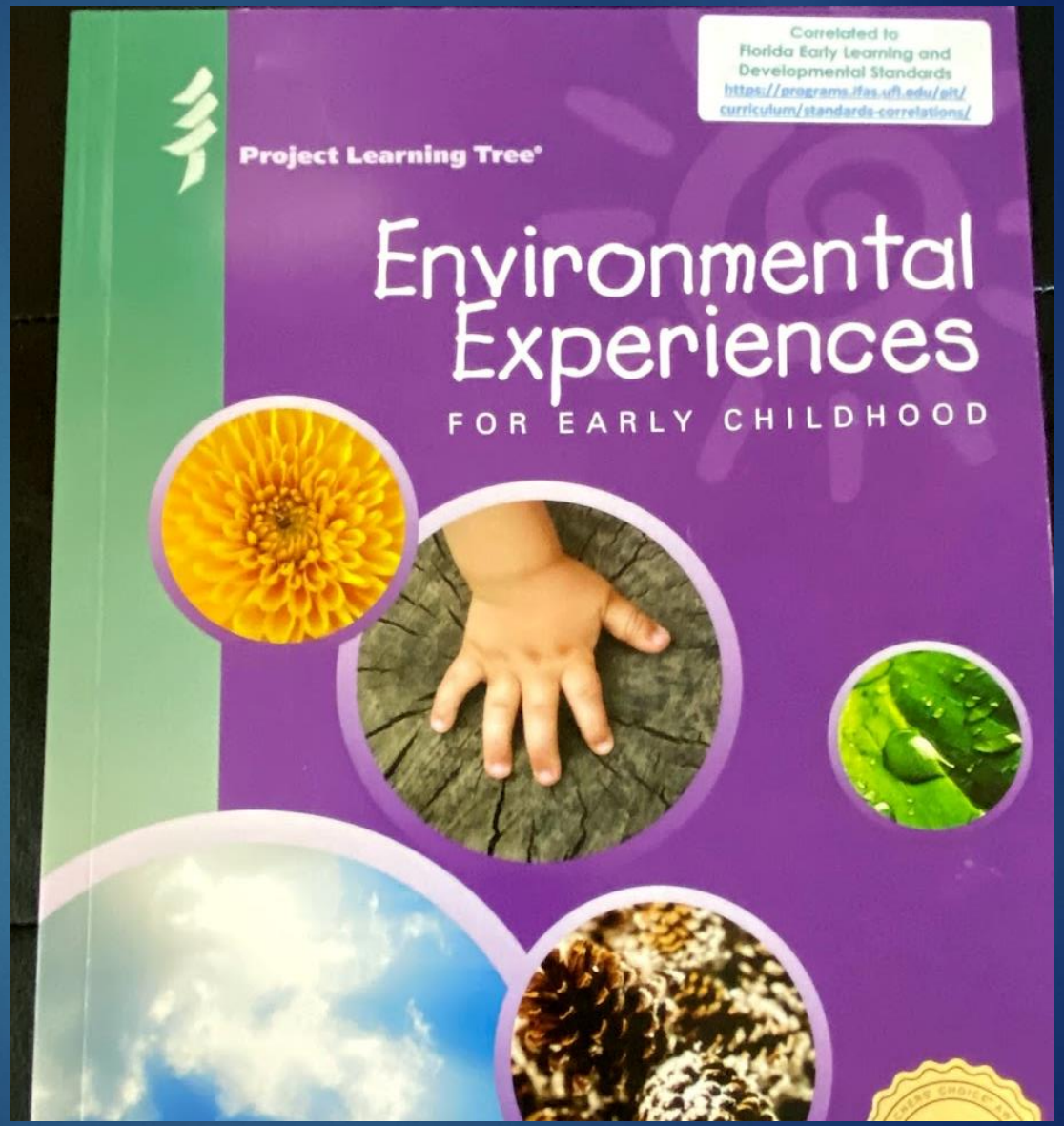
- Project Web Fall 2007; New Hampshire Fish and Game Department
- Last Child in the Woods, Richard Louv, 2006
- "Going off the trail", Recreation Management, Sept.2011
- "Leading Kids to the Outdoors", Recreation Management, January 2009
- " 7 Reasons to Play Outdoors", National Wildlife Federation, Web article, Archives 2010-pulled 11/14/11
- "8 Simple Tips to Grow Active, Healthy Kids" National Wildlife Federation, Web Article, Archives 2010-pulled 11/14/11
- Website of National Environmental Education Foundation
- Greening STEM: Taking Technology Outdoors

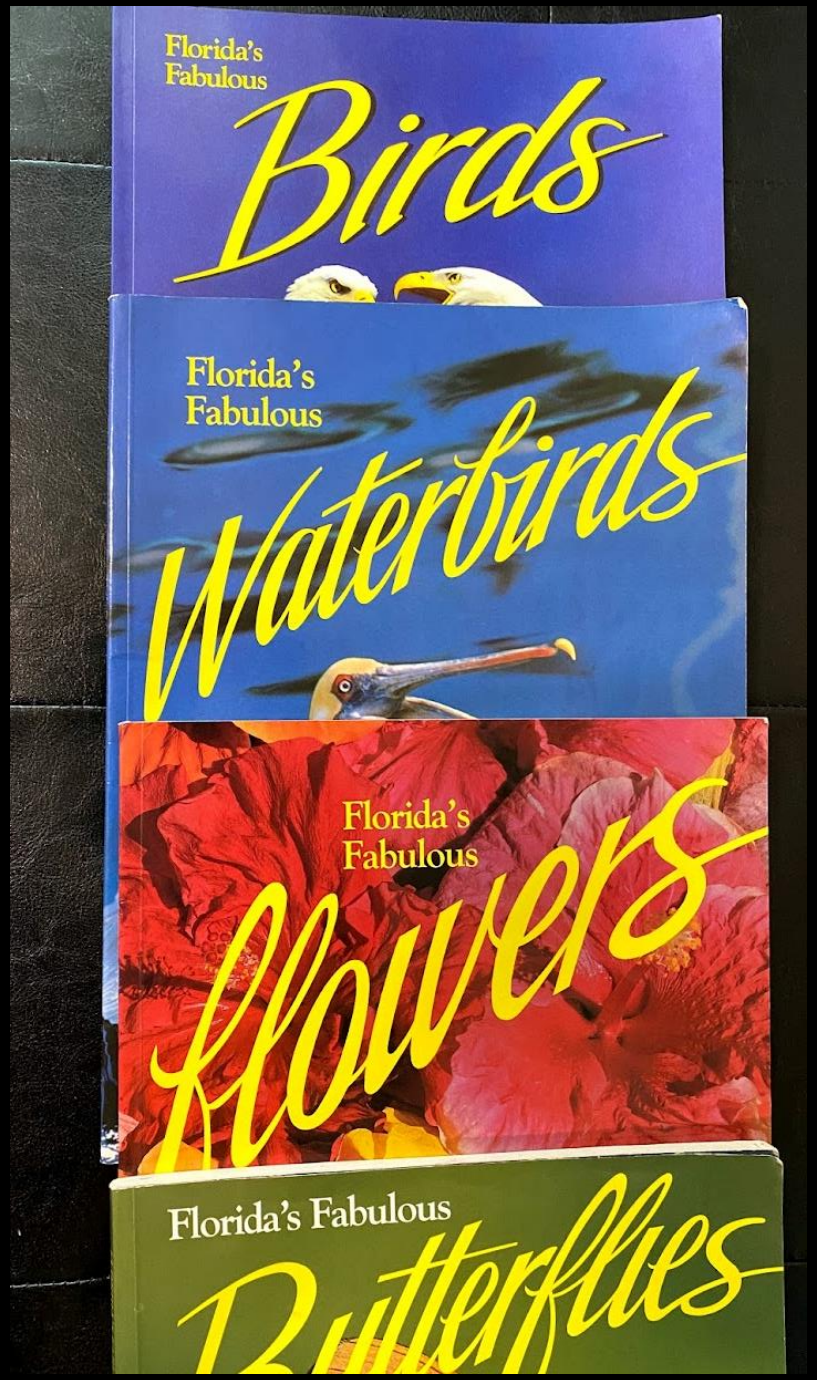

"This book is an absolute must-read for parents." —The Boston Globe
Last Child in the Woods
Saving Our Children from Nature-Deficit Disorder
Richard Louv

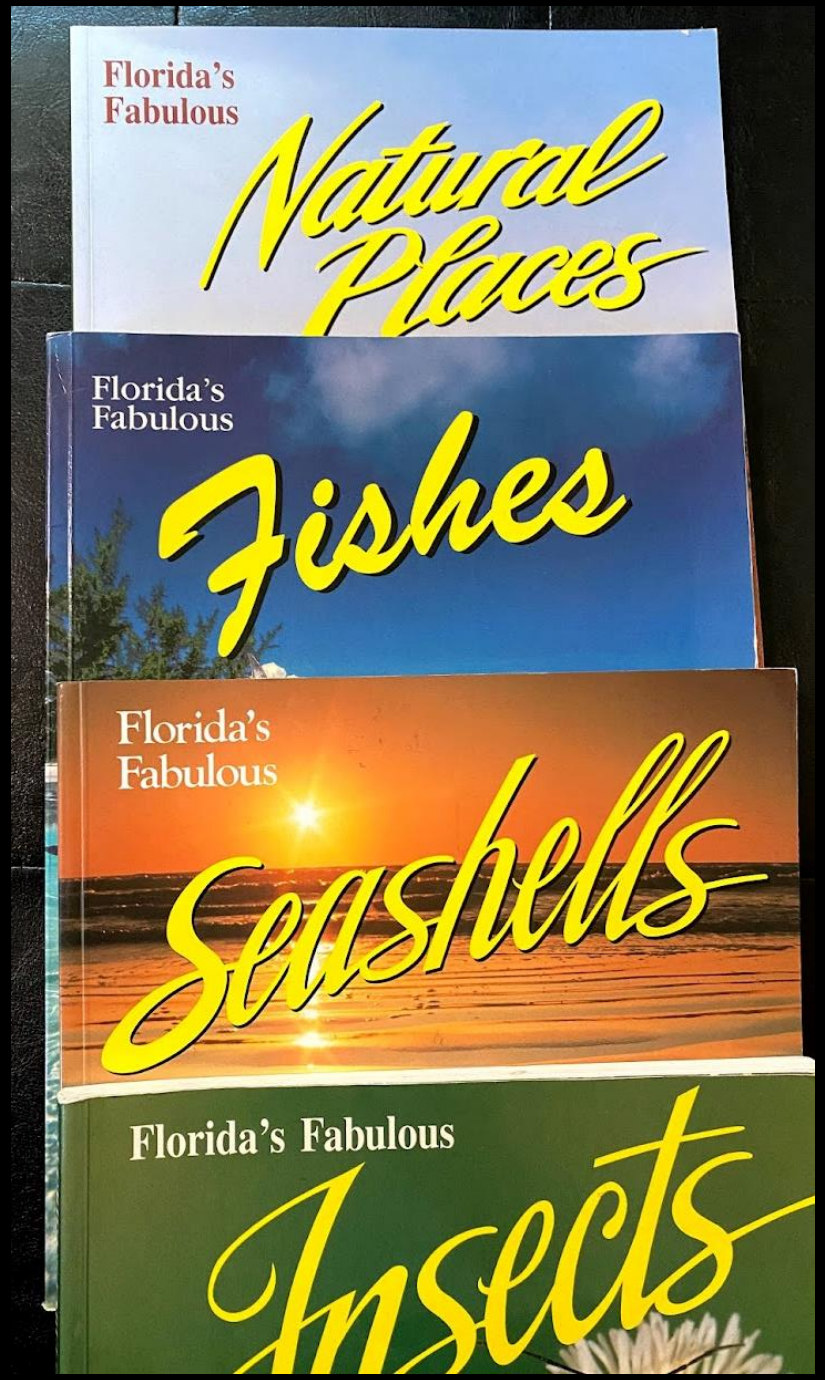

SHARING NATURE WITH CHILDREN
by Joseph Cornell

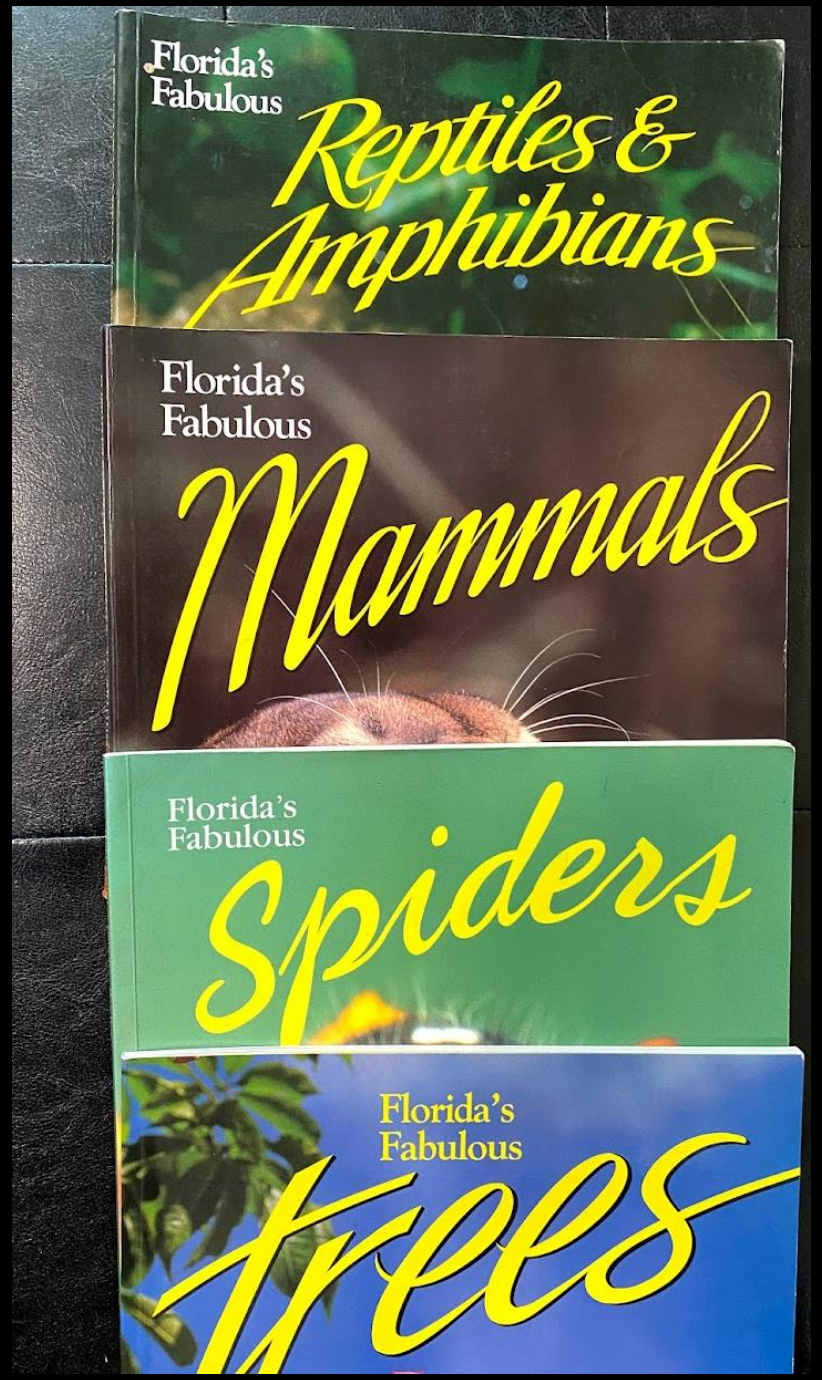

Sharing the Joy of Nature
NATURE ACTIVITIES FOR ALL AGES
JOSEPH CORNELL
Author of
SHARING NATURE WITH CHILDREN

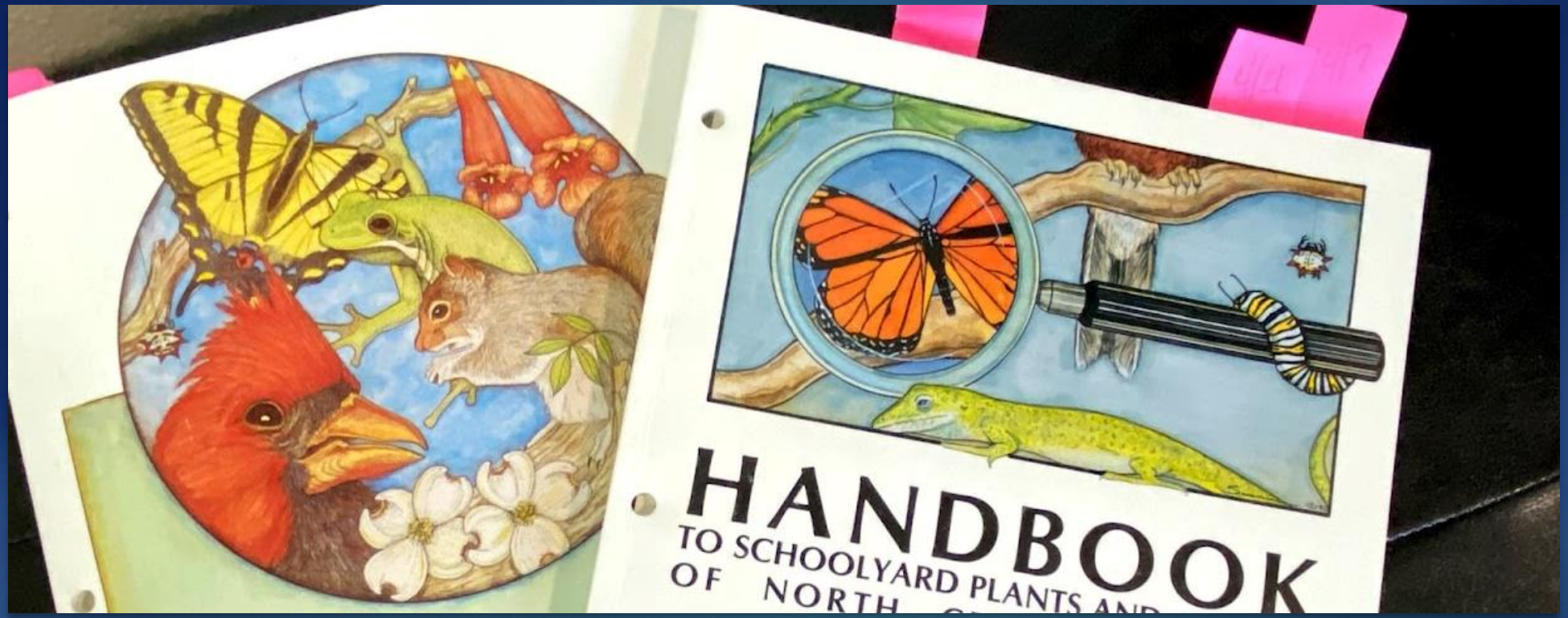
Project Learning Tree




Florida's Fabulous
Birds
Florida's Fabulous
Waterbirds
Florida's Fabulous
Flowers
Florida's Fabulous
Butterflies

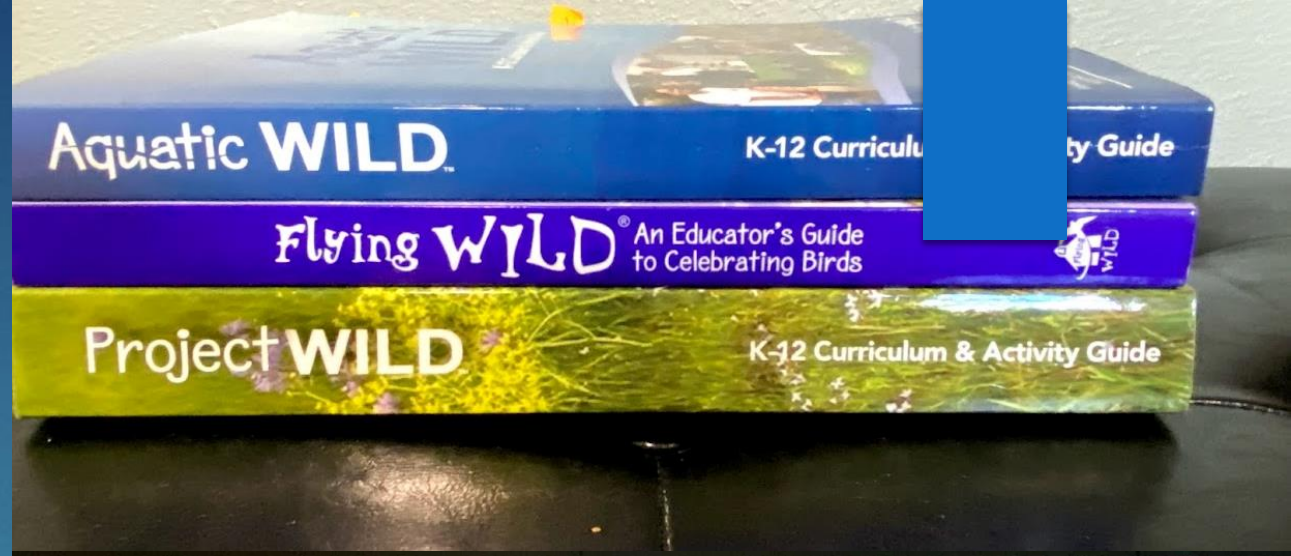

Florida's Fabulous
Natural Places
Florida's Fabulous
Fishes
Florida's Fabulous
Seashells
Florida's Fabulous
Insects

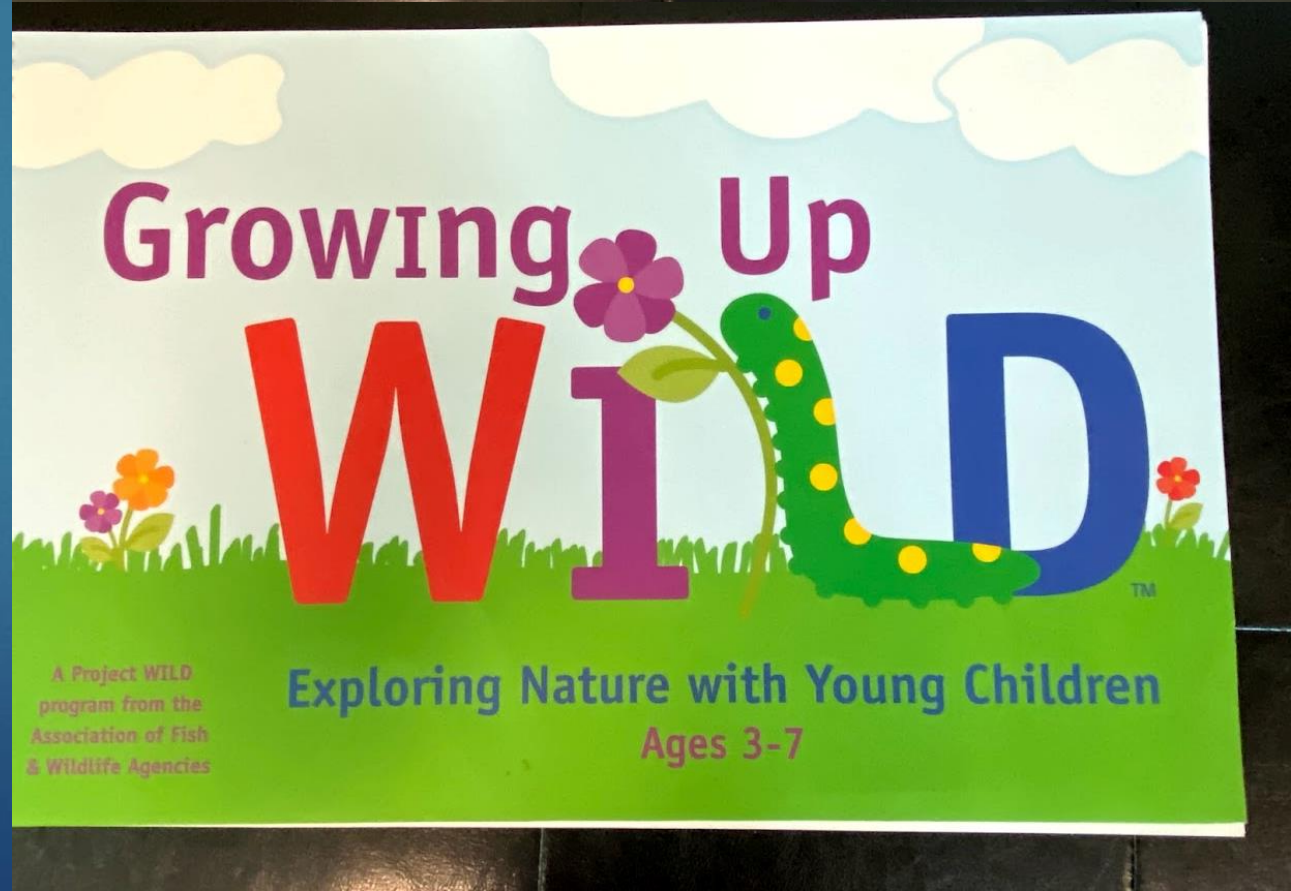

Florida's Fabulous
Reptiles & Amphibians
Florida's Fabulous
Mammals
Florida's Fabulous
Spiders
Florida's Fabulous
Trees



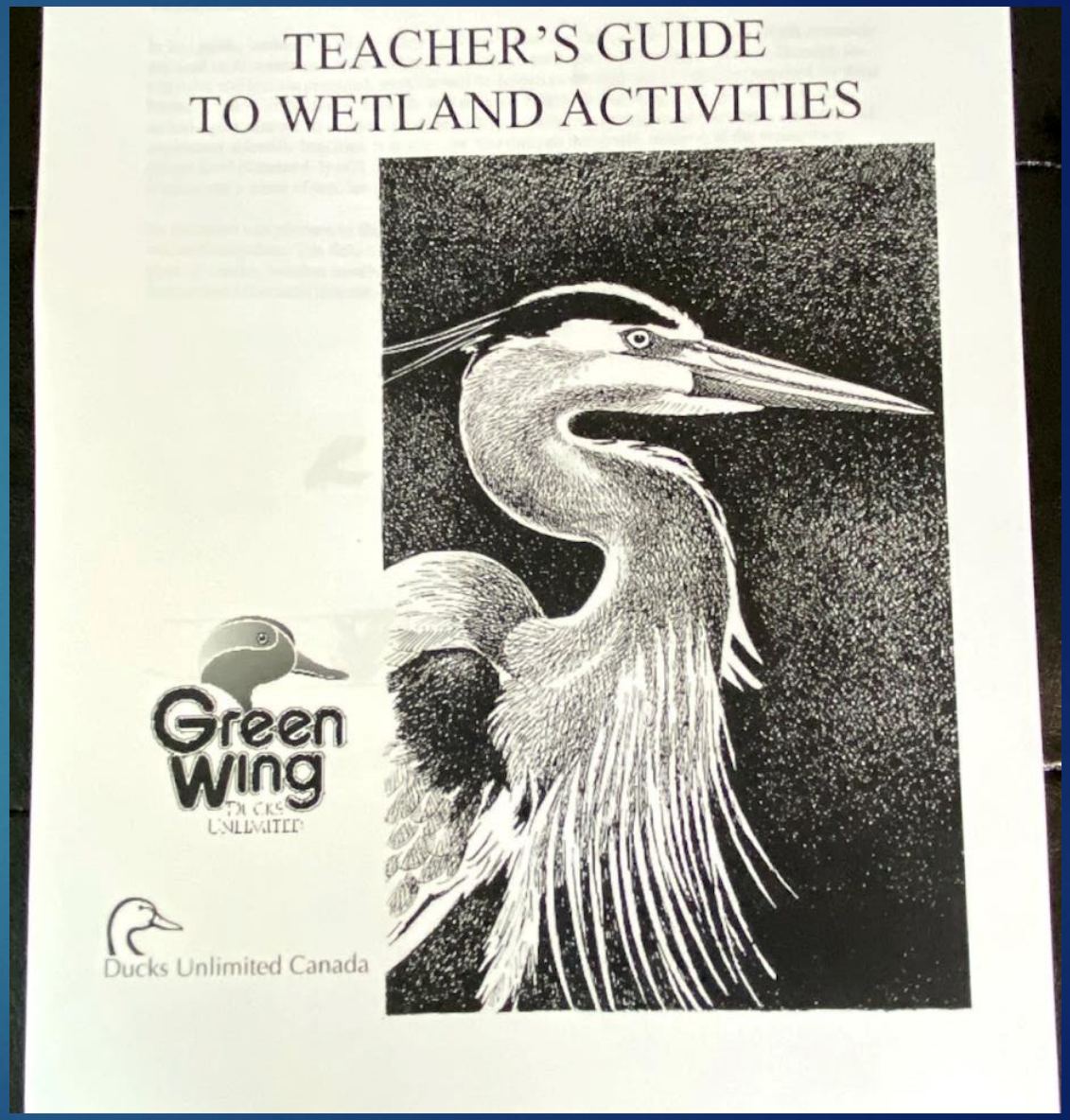
FWC

Project Wild





THINKING OUTSIDE THE (NEST) BOX
Using STEM-based activities to explore the life cycles of nesting birds.
NEW YORK STATE 4-H
TheCornellLab NestWatch
TheCornellLab K-12 Education
SUSTAINABLE FORESTRY


TEACHER'S GUIDE TO WETLAND ACTIVITIES
Green Wing
Ducks Unlimited Canada

Questions?

Thank you and Get Out and experince Nature!

REAL Fun!

Autumn Reich
Recreation Supervisor

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For more information about the Florida Recreation and Park Association visit frpa.org