

**Resources to further your exploration and References from -  
“What if the key to academic success were right outside your door?”  
A presentation by Elandriel Lewis**

Articles

- “40 Minutes a Day Outside May Reduce Nearsightedness in Kids” by the American Academy of Ophthalmology
  - <https://www.aaopt.org/eye-health/news/40-minutes-outside-day-may-reduce-nearsightednes-3>
- “More Time Outdoors May Reduce Kids’ Risk for Nearsightedness” by the American Academy of Ophthalmology
  - <https://www.aaopt.org/newsroom/news-releases/detail/more-time-outdoors-may-reduce-kids-risk-nearsighte>
- “AMA adopts new public health policies to improve health of nation” by the American Medical Association
  - <https://www.ama-assn.org/press-center/press-releases/ama-adopts-new-public-health-policies-improve-health-nation-2>
- “Take a hike for health: small doses of the outdoors make a big difference” by the Associated Press
  - <http://www.seattletimes.com/life/wellness/take-a-hike-for-health-small-doses-make-a-big-difference/>
- “Resurrecting Free Play in Young Children” by Burdette and Whitaker
  - [http://www.childrenandnature.org/uploads/Burdette\\_LookingBeyond.pdf](http://www.childrenandnature.org/uploads/Burdette_LookingBeyond.pdf)
- “Benefits of Gardening for Children” by Children, Youth and Environments Center for Research and Design, University of Colorado at Denver
  - [http://www.peecworks.org/peec/peec\\_research/01795C40-001D0211.0/Yost2009BenefitsofGardening.pdf](http://www.peecworks.org/peec/peec_research/01795C40-001D0211.0/Yost2009BenefitsofGardening.pdf)
- “10 Reasons to Take Learning Outside the Classroom” by Creative Education
  - <http://www.creativeeducation.co.uk/blog/learning-outside-the-classroom/>
- “3 Reasons Why You Can’t Ignore the Power of Outdoor Learning” by T.R. Dunlap
  - <http://www.efc.gwu.edu/library/efc-blog/3-reasons-why-you-cant-ignore-the-power-of-outdoor-learning/>

- “Exposure to Nature May Reduce Crime, Strengthen Communities” by Carolyn George
  - [http://www.huffingtonpost.com/entry/exposure-to-nature-reduces-crime\\_us\\_565c6e64e4b08e945febb4ca](http://www.huffingtonpost.com/entry/exposure-to-nature-reduces-crime_us_565c6e64e4b08e945febb4ca)
- “Green Spaces in Schools Improve Children’s Memory and Attention” by Carolyn Gregoire
  - [http://www.huffingtonpost.com/2015/06/19/green-spaces-schools\\_n\\_7594882.html](http://www.huffingtonpost.com/2015/06/19/green-spaces-schools_n_7594882.html)
- “Does More Time on the Playground Equal Success in the Classroom?” by Marva Hinton
  - [http://blogs.edweek.org/edweek/time\\_and\\_learning/2016/03/does\\_more\\_time\\_on\\_the\\_playground\\_equal\\_success\\_in\\_the\\_classroom.html?cmp=eml-eb-popweek+04082016](http://blogs.edweek.org/edweek/time_and_learning/2016/03/does_more_time_on_the_playground_equal_success_in_the_classroom.html?cmp=eml-eb-popweek+04082016)
- “Reflections on Children’s Experience of Nature” by Stephen Kellert, Ph.D.
  - [https://www.childrenandnature.org/wp-content/uploads/2015/04/LWS\\_Vol1\\_02.pdf](https://www.childrenandnature.org/wp-content/uploads/2015/04/LWS_Vol1_02.pdf)
- “Green Spaces Make Smarter Kids” by Olga Khazan
  - <http://www.theatlantic.com/health/archive/2015/06/green-spaces-make-kids-smarter/395924/>
- “Benefits of Connecting Children with Nature” NC State University
  - [https://naturalearning.org/sites/default/files/Benefits%20of%20Connecting%20Children%20with%20Nature\\_InfoSheet.pdf](https://naturalearning.org/sites/default/files/Benefits%20of%20Connecting%20Children%20with%20Nature_InfoSheet.pdf)
- “Why Kids Need to Move, Touch and Experience to Learn” by Katrina Schwartz
  - <http://ww2.kqed.org/mindshift/2015/03/26/why-kids-need-to-move-touch-and-experience-to-learn/>
- “Learning Outside in Nature is Good for Teachers and Students” by David Suzuki
  - <http://www.davidsuzuki.org/blogs/science-matters/2014/09/learning-in-nature-is-good-for-teachers-and-students/>

## Books

- Biderman, Ellen and Montoya, Diana. (2012). *Watch Me Play, Watch Me Learn...in Nature*. University of New Mexico.
- Cornell, Joseph. (1998). *Sharing Nature With Children: 20<sup>th</sup> Anniversary Edition*. Dawn Publications.

- Cornell, Joseph. (1989). *Sharing Nature With Children II*. Dawn Publications
- Louv, Richard. (2008). *Last Child in the Woods*. Algonquin Paperbacks.
- Louv, Richard. (2012). *The Nature Principle*. Algonquin Paperbacks.
- Louv, Richard. (2016). *Vitamin N*. Algonquin Paperbacks.
- Nabhan, Gary Paul and Trimble, Stephen. (1994). *The Geography of Childhood*. Beacon Press.
- Wilson, Ruth. (2016). *Learning is in Bloom: Cultivating Outdoor Explorations*. Gryphon House

## Research

- “Effects of Outdoor Education Programs for Children in California” by American Institutes for Research
  - <https://www.air.org/resource/effects-outdoor-education-programs-children-california>
- “Outdoor Play and Learning: Policy and Practice” by Burriss and Burriss
  - <http://files.eric.ed.gov/fulltext/EJ963739.pdf>
- “Green Spaces and Cognitive Development in Primary Schoolchildren” by Dadvand, et al
  - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4491800/>
- “Grounds for movement: green school grounds as sites for promoting physical activity” by Dymont and Bell
  - <http://her.oxfordjournals.org/content/23/6/952.full>
- “How might contact with nature promote human health? Promising mechanisms and a possible central pathway” by Ming Kuo
  - <https://www.frontiersin.org/articles/10.3389/fpsyg.2015.01093/full>
- “Do Experiences With Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship” by Kuo, Barnes, and Jordan
  - <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00305/full>
- “Tree Cover and species composition effects on academic performance of primary school students” by Sivarajah, S. et al
  - <https://www.ncbi.nlm.nih.gov/pubmed/29474503>
- “A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence From a National Study” by Kuo and Taylor
  - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448497/>

- “Views of Nature and Self-Discipline: Evidence From Inner City Children” by Taylor, Kuo, and Sullivan
  - [http://www.sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Faber%20Taylor\\_inner%20city\\_2001.pdf](http://www.sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Faber%20Taylor_inner%20city_2001.pdf)
- “Physical education, school physical activity, school sports and academic performance” by Trudeau and Shephard
  - <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-5-10>
- “At Home with Nature: Effects of “Greenness” on Children’s Cognitive Functioning” by Nancy M. Wells
  - [http://sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Wells\\_2000.pdf](http://sfrc.ufl.edu/urbanforestry/Resources/PDF%20downloads/Wells_2000.pdf)
- “Nearby Nature: A Buffer of Life Stress Among Rural Children” by Wells and Evans
  - <http://www.mparks.org/Portals/0/Resource-Center/Justifying%20Parks%20and%20Recreation/Health%20and%20Wellness/Nearby%20Nature%20-%20A%20Buffer%20of%20Life%20Stress%20Among%20Rural%20Children%20-%20Wells%20and%20Evans.pdf>

## Websites

- Children and Nature Network
  - <http://www.childrenandnature.org/>
- Council for Learning Outside the Classroom
  - <http://www.lotc.org.uk/>
- Natural Learning Initiative
  - <https://naturalearning.org/>
- Project Learning Tree –
  - <https://www.plt.org/>
  - “Environmental Experiences for Early Childhood”
    - <https://www.plt.org/environmental-education-for-early-childhood>
- Project Wild
  - <http://www.projectwild.org/>
  - “Growing Up Wild” (early childhood curriculum)
    - <http://www.projectwild.org/GrowingUpWILD.htm>

## Videos

- “The Nature Preschool in the Outdoor Classroom”
  - <https://www.youtube.com/watch?v=EyM85JEXG5I>
- “Children Explain why their Nature Explore outdoor space is important”
  - [https://www.youtube.com/watch?v=grcCUtFaM\\_s](https://www.youtube.com/watch?v=grcCUtFaM_s)
- “Outdoor Play for Young Children”
  - <https://www.youtube.com/watch?v=hvYDT2u1Cfg>
- “Sesame Street: Outdoors with Jason Mraz”
  - <https://www.youtube.com/watch?v=ZrqF7yD10Bo>
- “The Children and Nature Movement”
  - <https://www.youtube.com/watch?v=dZi0Cxs3fCo>
- “Not Your Father’s School – Early Childhood, Forest Kindergartens and Nature Preschools – David Sobel”
  - <https://www.youtube.com/watch?v=vJQxIRhwbNQ&nohtml5=False>