

## The Bad News

Obesity, depression, ADD, and stress are impacting our kids!

Today, kids spend half as much time outdoors as they did 20 years ago!

The average American child spends more than 50 hours a week using electronic media. That's over 7 hours a day!

The number of children who are overweight has doubled in the last two decades.

## The Good News

There are simple solutions!

Research shows that when children spend time outdoors they are more:

- Self- disciplined
- Focused
- Confident
- Creative
- Cooperative
- Physically fit
- Optimistic

They are even better problem solvers!



## Learn more & join us:

[www.IndianaChildrenAndNature.org](http://www.IndianaChildrenAndNature.org)

[info@indianachildrenandnature.org](mailto:info@indianachildrenandnature.org)

## Follow us!



Indiana Children and Nature Network—ICAN



@INkidsandnature



Indiana Children & Nature Network (INkidsoutdoors)

ICAN is a project of the Environmental Education Association of Indiana

[www.EEAI.org](http://www.EEAI.org)



# Indiana Children & Nature Network

Happier, Healthier, Smarter



“

**Play is the highest form of research.**”

-Albert Einstein

# Our Focus Areas:

## Family Nature Clubs

Get outside regularly with your family and friends. Pick a nearby park, nature area, or your own backyard to explore -- enjoy nature and good company. Meet regularly and call it a Family Nature Club. This is a great way to make time for nature in our busy world. Encourage questions and exploration. Learn about nature together - no one has to be an expert.

Learn more about Family Nature Clubs and get a "getting started" took-kit on our website!

Time outdoors can benefit a children by providing:

- Room to run, jump, climb and develop motor skills.
- Opportunities for imaginative play.
- A chance to manipulate and experiment with the world around them by building shelters, playing with sand or water, collecting and examining nature treasures.
- An unstructured setting to interact with other children and develop communication and social skills.
- A safe setting to actively explore and develop self-reliance and independence.

## Early Childhood Experiences

A child's early years are a time of incredible growth and development. Language skills, motor skills, creativity, imagination, reasoning, and social skills are evolving in leaps and bounds. Young children learn primarily through their senses and from direct experience. They develop an understanding about the world through play, exploration, creative activities, and by watching and imitating adults and other children.

ICAN encourages early child care providers and parents to offer outdoor experiences for children.



Visit our website to see how we can help you!

- Tips on places to play and things to do outdoors!
- Info on events, trainings, and workshops!
- Connect with other parents!
- Partner for events!
- Info, research & much more!

[www.IndianaChildrenAndNature.org](http://www.IndianaChildrenAndNature.org)

## Medical Community

ICAN works with the Indiana medical community spreading the news that outdoor time helps children be happier healthier and smarter.

An example of this collaboration is prescriptions for outdoor play. ICAN applauds the many who already educate families on the benefits of being outdoors.

Time spent outdoors can:

- Reduce stress
- Mitigate attention disorders
- Help maintain a healthy weight
- Increase concentration & more!

