

How to Get Kids Offline, Outdoors, and Connecting with Nature: 200+ Creative activities to encourage self-esteem, mindfulness, and wellbeing By Bonnie Thomas

Full of ideas activities and exercises this book provides imaginative ways to inspire young people to put down the computer games disconnect from social media and spend time away from a screen. Yet the benefits of nature are endless and they extend further than just improving physical health; being in natural surroundings is also an effective way to boost imagination creativity and overall wellbeing. Addressing how nature based activities can be used for improved mental health this book will be an invaluable addition to the library of any professional who works with young people including counselors educators youth group workers social workers and childcare providers. How to Get Kids Offline Outdoors and Connecting with Nature: 200+ Creative activities to encourage self-esteem mindfulness and wellbeing Excellent ideas and suggestions highly recommended reading for anyone who is struggling to find techniques to push children away from keyboard(s) How to Get Kids Offline Outdoors and Connecting with Nature: 200+ Creative activities to encourage self-esteem mindfulness and wellbeing



: In an increasingly electronic world creating enthusiasm for the great outdoors can seem an impossible task, In whatever capacity you work or care for children and young people this book will help you motivate them to reboot their connection with nature and become healthier for it. It is also a useful resource for parents