



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

By Bonnie Thomas

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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 more time away from a screen. In an increasingly electronic world, creating enthusiasm for the great outdoors can seem an impossible task. 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. 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.

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. It is also a useful resource for parents.

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Editorial Review

Review

In a world full of technological distractions, finding the right time and place to connect with nature can seem challenging. Helping kids find art in nature has never been more important, and Thomas offers dozens of fun activities from games, to arts and crafts, to experiences for all ages, aptitudes, and locations. --Lucy King, Associate Director of Admissions, Rhode Island School of Design

This book is a practical resource for mental health practitioners seeking to add nature-based activities to their clinical work with children, teens, and families. A welcome addition to the literature. --Liana Lowenstein, MSW, CPT-S, Child and Family Therapist, author of Creative Interventions for Troubled Children and Youth, Toronto, Canada

Having worked with thousands of children as an arts director of after school and summer camp programs, I could have saved endless hours of research if only I had a copy of Bonnie's book. Informative, creative and endless activities for all ages. --Wade Zahares, artist and children's book illustrator

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There are sections on gardening, general outdoor activities, blacktop (pavement/tarmac) activities, sand and beach, forest and trees, fields and grassy areas, puddles and mud, rivers and streams, snow and bringing nature indoors...This book is well written and packed full of activities. (*The Adoption Social blog*)

The author of this book, Bonnie Taylor, is the mother of a teenager and also a family counsellor working with children and families... wrote this book to provide both parents and social work professionals with ideas to get children more connected with nature away from screens... Many of Bonnie's ideas echo both a Montessori and Forest School approach... The book includes a useful alphabetical list of activities... a valuable text book for professional social care workers keen to promote mindfulness. (*Montessori International*)

About the Author

Bonnie Thomas, LCSW, is a Child and Family Counselor who lives on the coast of Maine, USA with her husband, son, and two dogs. Bonnie incorporates creative expression, art, and nature based activities in the

work she does with her clients. In her leisure time, she loves to write haikus, create art, play with her food, plant gardens, and listen to music...sometimes all at the same time.

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