



Children, Nature and Technology

Resources

The Effects of Nature and Technology on Children

Books: "Last Child in the Woods; *Saving our Children from Nature-Deficit Disorder*" by Richard Louv

"Your Brain on Nature" by Eva Selhub, MD and Alan Logan, ND

Websites:

1. The Children and Nature Network is an excellent resource for families.
<https://www.childrenandnature.org>
2. Mind Foundation: <https://mindd.org/screen-time/>
3. National Wildlife Federation: <https://www.nwf.org/Home/Kids-and-Family/Connecting-Kids-and-Nature/Special-Reports> This website has some exceptionally good insights. "Friending Fresh Air" is a practical article addressing technology concerns and helping our kids connect with nature.

Hands-On Nature Activities

Books: "Vitamin N," by Richard Louv

500 Ways to Enrich the Health & Happiness of Your Family & Community— an excellent book

Websites:

1. Resource Guide for "Last Child in the Woods." <http://richardlouv.com/books/last-child/resource-guide/#activities>
2. "Using the Five Senses to Connect to Nature," <https://www.ecoparent.ca/ecoparenting/using-five-senses-plug-nature>

Resources for Sabbath School Nature Themes or Stations

1. Pinterest Site: <https://www.pinterest.com/gloriabeerman/> [saved/](#)

Check these boards: Nature and Children, Adventurer Club Awards, Glimpses of God in Nature

2. Books from the ABC:

"Surprising Nature: Lessons From God's Creation," by Charles & Dorinda Kuebler Mills

Amazing Nature," by Celedonio Garcia-Pozuelo Ramos

"Nature Nuggets," by Harold W. Clark

3. Nature Themes: If you are interested in receiving nature themes for Sabbath School such as the Space theme, please email me at gloria.beerman@oc.npuc.org.