

The Benefits of Environmental Education and Nature Connections in Early Childhood

<https://naaee.org/eeopro/research/eeworks/benefits-ee-and-nature-connections-early>

This research overview by the North American Association of Environmental Educators details the overwhelming evidence that Early Childhood Environmental Education provides many benefits for children, such as increased learning in mathematics, science, language, and literacy, enhanced social and emotional skills, and improved physical development. Check out NAAEE's "Guidelines for Excellence: Early Childhood Environmental Education Programs" for information and tips at

https://cdn.naaee.org/sites/default/files/final_ecee_guidelines_from_chromographics_lo_res.pdf.

Using Nature Contact to Support Children Under Stress

<https://www.naeyc.org/resources/pubs/tyc/fall2021/nature-support-children-stress>

Many children (and adults) experience high levels of stress in their daily lives. Research has shown that contact with nature can help to mitigate the negative effects of stress in children and boost resilience. This article from the Fall 2021 issue of NAEYC's *Teaching Young Children* provides real-life examples of teachers supporting children through nature.

Early Childhood Nature Connections Toolkit

<https://www.childrenandnature.org/resources/early-childhood-nature-connections-toolkit/>

This collection from the Children & Nature Network provides tools and resources for cities to work to bring nature's benefits to children 0-5 where they live, play, and learn. Included in the collection are a research digest, city case studies, and implementation guides to support promising practices.

Take It Outside! Adventures in Nature with STEAM

<https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/take-it-outside-adventures-nature-steam>

This webinar from Head Start ECLKC provides information about nature-based learning and how to use science, technology, engineering, art, and math (STEAM) activities outdoors. Presenters share nature-based storybooks, research, and learning activities teachers can use in their classrooms and outside.

Resources from the National Wildlife Federation's ECHO Program

<https://www.nwf.org/ECHO/Resources>

The National Wildlife Federation's Early Childhood Health Outdoors (ECHO) program provides a host of free, downloadable resources for building or improving nature space from How-To Guides for schools and Nature Play at Home guides for home. The Nature Play at Home resources are available in English and Spanish.

Printable Lesson: Learning Together Outdoors

<https://tn.pbslearningmedia.org/resource/learning-together-outdoors-lesson/media-gallery-elinor-wonders-why/>

PBS Learning Media provides a variety of educator and family resources in English and Spanish. This lesson helps those new to outdoor learning set up routines and transitions for learning outdoors.

A Gumdrop: Outdoors with Jason Mraz <https://www.youtube.com/watch?v=ZrqF7yD10Bo>

Sing along with Jason Mraz, Elmo, and other Sesame Street friends and you too might be motivated to go outdoors.

Natural Resources is a free, monthly, one-way listserv. Each issue features readily available and free resources on a specific topic related to children from birth through Grade 3 and their families. **Highlighted resources are available in English and Spanish.** Natural Resources is compiled and distributed by Camille Catlett. Past issues are archived at <https://scriptnc.fpg.unc.edu/natural-resources-monthly-newsletter> To subscribe or unsubscribe, please contact Camille Catlett at camille.catlett@unc.edu