

Unlocking the Benefits of Nature for Young Children of All Abilities

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ZERO TO THREE Virtual Event
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Land Acknowledgement & Mindful Opener



Lakota Water Song Mni Wiconi -Water is Life Ojibwe Water Song

Mni They hey he la I love you Water Niibi! Gee zah gay e goo
Mni Wopeda E chi chi va I thank you Water Gee megwetch-awayn nimi gooc
Mni O'ha la....he I respect you Water Giza wayne niimi goo

Lakota Water Song By Arlene, Beatrice Jackson and Mary Louise Wilson
10/14/16 Standing Rock, North Dakota-3 beatricejackson@yahoo.com Ojibwe Water Song by Doreen Day
The Copper necklace is a symbol of healing when you sing the winter song. The water is alive with blessings.

www.motherearthwaterwalk.com/?attachment_id=2244

Connections with Nature ➔

- Improved educational and health outcomes
- Builds empathy & executive functioning
- Supports healthy relationships
- Nature relieves stress
- Nature reduces behavioral challenges particularly for children with disabilities

Kuo M, Barnes M and Jordan C (2019) Do Experiences With Nature Promote Learning? Converging Evidence of a Cause-and-Effect Relationship. *Frontiers in Psychology*
<https://doi.org/10.3389/fpsyg.2019.00305>

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Environmental & System Barriers

- Built Environments: Urban & Rural
- Resources: \$\$ & Opportunity
- Policies: Access & Regulations




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Barriers for BIPOC Communities

- #naturesowhite
- Environmental Toxicity
- Manifest Destiny
- Colonial Trauma
- Sovereignty
- Boarding School



Ability Based Barriers



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Building Relationships with Nature for All

<https://www.menti.com/4t9bjmu3er>

www.menti.com
Enter Code: 9164 6598

Please only complete this word cloud during this portion of the live event.

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Engaging Whole Families in Nature



Sharing Nature Online
www.inaturalist.org

City Nature Challenge
<https://citynaturechallenge.org/>

- Caring for Neighborhood Birds: April 6
<https://blog.zoo.org/2020/04/zoomazium-to-you-caring-for.html>
- Den Full of Cubs: April 20
<https://blog.zoo.org/2020/04/zoomazium-to-you-den-full-of-cubs.html/>

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Cultivate Joy & Play!



Inside & Outside

Zoomazium-to-you Blog (search tag: Janel Kempf)
<https://blog.zoo.org/2020/03/zoomazium-to-you-play-like-otter.html/>

Defining "Nature Play"

Nature Play
= Free Choice
+ Child Directed Play
with Natural Materials



www.zoo.org/myzoomagazine

Loose Parts & Narrating Play

3 Minute Break

Please go gather 3-5 nature items from inside or outside and return with them. This may include a picture.

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Share in the Chat as we go

What is one way you can engage young children with nature in your daily work?

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Considering the Seven Senses



<https://pathways.org/watch/parents-guide-7-senses/>

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Nature & Inclusion



- **Woodland Park Zoo - Seattle**
 - www.zoo.org/access
 - See Sensory Considerations (sensory map, social stories, free sensory tools to borrow)
 - **Including Young Learners with Disabilities**
 - Hudson enjoys Sensory Friendly Friday in Zoomazium: <https://youtu.be/ppQvtnGeWZs>

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www.childrensplaygarden.org



In this section you will read three stories involving youth organizations: a tennis center, a soccer team, and a dance studio. As you read these stories try and imagine it is you, your child, your team, or your center.

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Policy & Systems



<https://parkxamerica.org/>

www.projectnaturewa.com

www.dcyf.wa.gov/about/government-community/advisory/opp

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Black & POC



- **Redefining the Outdoors**
 - <https://hechingerreport.org/outdoor-preschools-grow-in-popularity-but-most-serve-middle-class-white-kids/>
- **Disrupting Implicit Bias in Early Childhood Programs**
 - www.brazeltontouchpoints.org/listen2021/



Black Joy
www.theblackfeministproject.org/blackjoyfarm

Indigenous Communities

- www.krtv.com/news/national/outdoor-preschools-a-new-education-trend-is-trading-walls-and-desks-for-trees-and-creeks
Squaxin Tribe
- www.k12.wa.us/student-success/resources-subject-area/time-immemorial-tribal-sovereignty-washington-state/early-learning-curriculum
- Neurodecolonization and www.indigenoumindfulness.com

Learn Where You Are



- <https://native-land.ca/>
- www.realrentduwamish.org/land-acknowledgement.html
 - [Beyond Territorial Acknowledgements](#)
 - [U.S. Department of Arts and Culture: A Guide And Call To Acknowledgement](#)
 - [Teen Vogue: Indigenous Land Acknowledgement, Explained](#)

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Natural Collaborations

- U. of WA EarthLab
 - <https://earthlab.uw.edu/>
- Children & Nature Network (Great for All Ages Science Repository & Community Action)
 - www.childrenandnature.org
- Early Childhood Health Outdoors
 - <https://ecclacolorado.org/echo/>



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Early Relationships Are Important!



Kathryn E Barnard, PHD, RN, FAAN
April 16, 1938 – June 27, 2015
Many Thanks For Lighting the Way!

Q & A



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References

- Ernst, J., & Burcak, F. (2019). Young Children's Contributions to Sustainability: The Influence of Nature Play on Curiosity, Executive Function Skills, Creative Thinking, and Resilience. *Sustainability*, 11(15), 4212. doi:10.3390/su11154212
- Hurst, MA, Polinsky, N, Haden, CA, Levine, SC, Uttal, DH (2019). Leveraging Research on Informal Learning to Inform Policy on Promoting Early STEM. *Society for Research in Child Development Social Policy Report*, 32 (3). <https://srcd.onlinelibrary.wiley.com/doi/full/10.1002/sop2.5>
- Li, D, Larsen, L, Yang, Y, Wang, L, Zhair, Y, Sullivan, WC (2019). Exposure to nature for children with autism spectrum disorder: Benefits, caveats, and barriers. *Health & Place*, 55. 71- 79: DOI: 10.1016/j.healthplace.2018.11.005

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