



Nature Deficit Disorder

- It's too hot, it's too cold
- There is too much crime
- We don't have time
- There are too many bugs and spiders and snakes!
- I don't know what to do outdoors except walk, sit or talk



Counter arguments

- Environmental care
- Your relationship
- Health
- Attention
- Critical thinking skills



Ideas for what to do

- Plant flowers
- Collect rocks
- Go camping
- Play with blocks
- Draw with chalk on the sidewalk



More ideas

- Bike
- Swim
- Paint with water on sidewalk or wall
- Take a Picnic
- Use playdough and cookie cutters



Best Play Dough

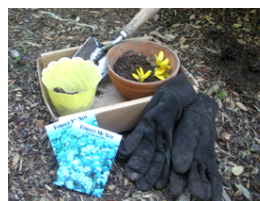
- Ingredients:
 - 2 cups flour
 - 2 cups warm water
 - 1 cup salt
 - 2 Tablespoons vegetable oil
 - 1 Tablespoon cream of tartar (optional for improved elasticity)
- Mix together over low heat until it resembles mashed potatoes. When dough pulls away from the sides of the pan and clumps, remove from heat. Let cool. Knead until smooth. Divide into piles for coloring. Make a divot in each dough ball. Add a drop of food coloring. Fold over and knead color through.
- Make it outside with an electric fry pan on the porch or take it outside once you are done. Use sticks, stones, leaves to decorate. Test drying a masterpiece in the sun.

More Ideas



- Walk to the library
- Go Berry Picking (June and July)
- Rake the leaves
- Mix up some Bubbles
- Bird watch
- Watch ants with a magnifying glass
- Plan a Scavenger hunt of common items or nature
- Play "I spy"

...and more ideas



- Plant a small garden in the ground or a container
- Repot a plant
- Sing
- Color
- Walk to the store
- Wash the dog or visit a pet store
- Read together
- Make a kite
- Play cards outdoors on a blanket or picnic
- Hopscotch
- Build a fort

Still more ideas



- Plan a puppet show
- Plan a trip (use a map, GPS for older kids)
- Make sandwiches together
- Dance
- Stargaze at night
- Try some Basketball
- Go fishing
- Play Touch football
- Climb a tree

What can you think of?

- Brainstorm your ideas



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