



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

*Bonnie Thomas*

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

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

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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