



*Resources shared during Children & Nature Network's
Babies, Toddlers & Preschoolers in Nature event, February 23, 2024*

Children & Nature Network's resources

- Find your native land - <https://native-land.ca>
- How to support Indigenous Peoples Everyday, adapted from Amplifier Art (<https://amplifier.org/campaigns/well-being/>) and 'Āina Momona (<https://www.kaainamomona.org/>)
- Upcoming Children & Nature Network Conference info - <https://www.childrenandnature.org/conference/>
- Benefits of early childhood nature connection infographic - https://eadn-wc04-796033.nxedge.io/wp-content/uploads/CCCN_earlychildnatureconn_22-1-18.pdf
- Early Childhood Nature Connections Toolkit - <https://www.childrenandnature.org/resources/early-childhood-nature-connections-toolkit/>
- Bibliography: Nature Engagement During Early Childhood - <https://www.childrenandnature.org/resources/bibliography-nature-engagement-during-the-early-childhood-years/>
- Resources and inspiration for families, caregivers and program service providers: <https://www.childrenandnature.org/families/>
- Stay connected with the network on The Trailhead, a free online community for members of the children and nature movement: <https://www.childrenandnature.org/resources/welcome-to-the-trailhead/>
- *Finding Nature News* article about Jessica Carrillo Alatorre and OutGrown - <https://www.childrenandnature.org/resources/fnn-encouraging-new-parents-to-get-outside-with-their-babies-and-access-natures-benefits/>

Panelist's resources

Alexis Burroughs

- Funky Monkey Yoga - <https://funkymonkeyyoga.net/>
- ANFT Forest Therapy - <https://www.anft.earth/>
- Early childhood yoga - <https://funkymonkeyyoga.net/early-childhood-yoga-1>
- Benefits of nature time/forest bathing - <https://funkymonkeyyoga.net/vitamin-nature>
- Alexis's PDF - [Nature Relationship & the Young Child](#)

Jessica Carrillo Alatorre

- OutGrown (formerly Hike It Baby) - <https://weareoutgrown.org/>
- Family Trail Guide - <https://weareoutgrown.org/explore-as-a-family>
- Get Outside with Baby - <https://weareoutgrown.org/get-outside-with-baby>
- What to Wear & Where to Go - <https://weareoutgrown.org/start-here-ttbq>
- Winter Walk with Wox - <https://weareoutgrown.org/winter-walk>

Gabriel Pickus

- InDiGO - <https://www.inwarddiscovery.org/>
- UNIFYING Experiences Integrative Framework - <https://www.inwarddiscovery.org/lets-indigo.html>
- Baltimore connecting children to nature - <https://www.baltimoresustainability.org/children-and-nature/>
- Baltimore Children's Outdoor Bill of Rights (COBOR) - <https://www.baltimoresustainability.org/baltimore-childrens-outdoor-bill-of-rights/>
- Questions to explore with children for [Unifying Experiences](#)
 - Activity 1:
 - Form: What is it like?
 - Function: How does it work?
 - Causation: Why is it like this?
 - Change: How is it changing/stable?
 - Connection: How is it connected?
 - Patterns: Is there a pattern here?
 - Perspective: What are the points of view?
 - Reflection: What is the evidence?
 - Responsibility: What is my responsibility?
 - Activity 2:
 - Who am I?
 - What am I?
 - Where am I?
 - Where do I come from?
 - Who supports me?
 - How do I create healthy relationships with myself, others, and the Earth?
 - What do I care about?
 - What do I want to change in the world?
 - What can I do to heal and empower myself and others?
 - How do I express myself?
 - What do I want to experience?
 - What do I want to create?
 - Is my air clean?
 - Where does my water come from?
 - Where does my food come from?

- Why am I here?
- Where am I going?
- How do I get there?

Resources shared by attendees

- Archer, Micha. *Wonder Walkers*. Penguin Random House, 2021.
- McCloskey, Robert. *Time of Wonder*. Puffin Books, 1989
- Kelsey, Elin. *You are Stardust*. Owlkids, 2012