



*Resources shared during Children & Nature Network's Vitamin N with Richard Louv event, July 10, 2023*

## Children & Nature Network's resources

- Vitamin N Challenge inspiration and resources:  
[www.childrenandnature.org/resources/vitaminn/](http://www.childrenandnature.org/resources/vitaminn/)
- 10 Challenges to get you started:  
<https://eadn-wc04-796033.nxedge.io/wp-content/uploads/10-Challenges.pdf>
- Excerpt of Vitamin N - 500 Ways to Enrich the Health & Happiness of Your Family & Community and coupon for 20% off of Richard's books:  
<https://eadn-wc04-796033.nxedge.io/wp-content/uploads/Vitamin-N-Excerpt-coupon-6.29.23.pdf>
- Set a goal, sign the pledge and get outside with this Vitamin N pledge:  
[https://eadn-wc04-796033.nxedge.io/wp-content/uploads/CNN23\\_VITN\\_pledge\\_23-5-28.pdf](https://eadn-wc04-796033.nxedge.io/wp-content/uploads/CNN23_VITN_pledge_23-5-28.pdf)
- Family Time in Nature June event recording:  
<https://www.childrenandnature.org/resources/family-time-in-nature/>
- Resources and inspiration for families: <https://www.childrenandnature.org/families/>
- Children & Nature Network Research Library: <https://research.childrenandnature.org/>
- Research on Benefits of Risk:  
<https://research.childrenandnature.org/research/environments-supporting-risky-outdoor-play-promote-childrens-health-behavior-and-development/>  
  
Worth the Risk: Outdoor education offers beneficial risks for all  
<https://www.childrenandnature.org/resources/worth-the-risk-outdoor-education-offers-beneficial-risks-for-all/>
- "Indoor Expeditions", by Richard Louv:  
<https://www.childrenandnature.org/resources/indoor-expeditions-for-when-you-really-cant-go-outside/>
- Children & Nature Network Group Planning Guide:  
[https://eadn-wc04-796033.nxedge.io/wp-content/uploads/CNN\\_FTIN\\_groupresources\\_23-5-8\\_links.pdf](https://eadn-wc04-796033.nxedge.io/wp-content/uploads/CNN_FTIN_groupresources_23-5-8_links.pdf)
- Toolkit for inclusive play spaces and programs for children with disabilities and their families -  
<https://www.childrenandnature.org/resources/connecting-children-of-all-abilities-to-nature-play-and-therapeutic-gardens/>

- 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/>
- Children & Nature Network Resource Hub, Benefits of Nature:  
<https://www.childrenandnature.org/resources/category/benefits-of-nature/>
- Children & Nature Network Instagram: [https://www.instagram.com/children\\_naturenetwork/](https://www.instagram.com/children_naturenetwork/)
- Download fun Vitamin N coloring trackers and pledge sheets:  
<https://www.childrenandnature.org/resources/vitaminn/>

### Nature's Way®

- The Wellness Collective Blog – <https://naturesway.com/blogs/articles> and Instagram: [@natureswaybrands](https://www.instagram.com/natureswaybrands)

### Resources shared by attendees

- Howard Gardner's 9 Multiple Intelligences - include Nature
- Articles/research on the 9+ senses:  
<https://research.childrenandnature.org/research-library/?h=l5CN4VD5>
- “Ornithery” a great book about mindfulness: <https://ornithery.com/>
- Healthy by Nature and Parks Prescription: <https://www.parkprescriptions.ca/>
- Charlotte Mason is an interesting read in regards to nature and education
- PaRx and Parks Canada National Parks pass collaboration:  
<https://www.parkprescriptions.ca/blogposts/announcing-a-new-collaboration-between-parx-and-parks-canada>
- Becca Katz, nature-based education: <https://www.goodnaturelearning.org/>
- The ABCs of Teaching Permaculture to Children program: [www.earthkeepers-camps.org](http://www.earthkeepers-camps.org)
- Book: “10 Minute Field Trips”
- Ephemeral Art: <https://www.childhoodbynature.com/the-beauty-of-ephemeral-nature-art>
- [www.TheSparkMovement.com](http://www.TheSparkMovement.com)
- [Naturekids.in](http://Naturekids.in)
- <https://earthingcanada.ca/blog/what-is-earthing/>
- [The Highline](http://TheHighline.com) - NYC