



Resources shared during Children & Nature Network's Self-Care in Nature event, February 8, 2023

## Children & Nature Network's resources

- New "Self-Care in Nature" Infographic:  
[https://eadn-wc04-796033.nxedge.io/wp-content/uploads/FTiN\\_4waysnature\\_infographic\\_23-2-6.pdf](https://eadn-wc04-796033.nxedge.io/wp-content/uploads/FTiN_4waysnature_infographic_23-2-6.pdf)
- "Nature Helps Children Recover from Adverse Childhood Experiences" Toolkit:  
[childrenandnature.org/resources/nature-helps-children-recover-from-adverse-childhood-experiences/](https://childrenandnature.org/resources/nature-helps-children-recover-from-adverse-childhood-experiences/)
- "Nature Can Improve Health & Well-Being" Infographic:  
[https://www.childrenandnature.org/wp-content/uploads/CNN\\_Health-and-Wellbeing\\_20-9-2.pdf](https://www.childrenandnature.org/wp-content/uploads/CNN_Health-and-Wellbeing_20-9-2.pdf)
- November 2020 Research Digest, *Nature's impact on mental health and emotional well-being*:  
<https://mailchi.mp/5ad15baa5052/children-nature-network-research-digest-sept-130288>
- June 2021 Research Digest, *Therapeutic use of nature*:  
<https://www.childrenandnature.org/resources/research-digest-therapeutic-use-of-nature-2/>
- Vitamin N Challenge inspiration and resources:  
[www.childrenandnature.org/resources/vitaminn/](http://www.childrenandnature.org/resources/vitaminn/)
- Tons of inspiration from around the world for outdoor learning here:  
<https://www.childrenandnature.org/resources/around-the-world-green-school-grounds-benefit-children-communities-and-the-environment/>
- Resources and inspiration for families: <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/>

## Panelist's resources and self-care inspiration

Nicole Jackson

- Nicole's Instagram account: <https://www.instagram.com/nhernature/>
- Self-care activity: tune into the five senses and tap into what you can see, smell, hear, touch and taste
- "kama muta" - a Sanskrit expression meaning "moved by love". Could show up as goosebumps, tears, or a sense of warmth coming over your body.
- "Get out to get in"

Kari Kleven

- Kari's website: <https://naturebased.care/>
- Circle of Security:  
[www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/](http://www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/)

Sonny LaForm

- Casey Family Programs website: <https://www.casey.org/>

Renā Trujillo:

- "As We Have Always Done" by Leanne Betasamosake Simpson
- "Braiding Sweetgrass" by Robin Wall Kimmerer

### Resources shared by attendees

- <https://www.allaboutbirds.org/cams/cornell-lab-feederwatch/> to watch birds when you can't get outside
- [tree.fm](http://tree.fm) shows videos of forests around the world
- <https://johnmuirlaws.com/> for free online lessons for nature journaling
- [www.resetoutdoors.com](http://www.resetoutdoors.com), a Nature Focused Mental Health & Well-being org in Pennsylvania
- <https://www.kidswhocancommunity.co.za/>
- [LightofLovingKindness.org](http://LightofLovingKindness.org) in Chicago
- Birder Brain, project about birding and mental health
- Thriving Wild OT
- Reese & Myers (2012) talk about sensory access of nature in their EcoWellness construct
- Having a view of nature from the classroom has been shown to increase positive feelings within a classroom setting (Benfield, Rainbolt, Bell, & Donovan, 2015)
- Scientific study, *Interacting with nature improves cognition and affect for individuals with depression*  
<https://www.sciencedirect.com/science/article/abs/pii/S0165032712002005?via%3Dihub>
- <https://www.youtube.com/watch?v=JB1bq8X9pal&list=PLZER-OEh7nrvoP1L95m8C3BWKqXEU2dwJ>
- TEDx What Kant Missed About Human Nature: And Finding It in Nature  
<https://www.youtube.com/watch?v=JB1bq8X9pal&list=PLZER-OEh7nrvoP1L95m8C3BWKqXEU2dwJ>
- This is a wonderful book for families  
<https://www.amazon.com/Grow-Wild-Whole-Child-Whole-Family-Nature-Rich/dp/1943370168>

- Check out the book "Jayden's Impossible Garden" to spark the idea of nature everywhere. It goes back to the sensory ideas of nature.
- I suggest reading Dr. Carla Hannaford's books. She is a biologist and educator. She encourages using nature/outdoors for learning/play especially kiddos with sensory concerns/delays, etc.

### Techniques for self-care shared by attendees

- Japanese forest bathing
- “Spiritual car wash” - a regular walk on a familiar path
- Look at old photos or videos and use them to meditate
- Watch live bird feeder cams from around the world
- Nature coloring books
- Hold children’s classes outside
- Connect with the moon
- Worm bins just outside the window
- If you can’t access nature physically, go there in the mind
- Open windows to take in sounds & smells, or sit in the sun of a window and relax while looking out at trees & garden
- Gazing out a window and sketching what you see — without judgment of your drawing skills!
- As an OT who works outside with kids, the multi sensory aspects of nature and the movement of our bodies outside are crucial elements to both connecting with nature and healing our nervous systems
- Do a self hug - or a butterfly hug (alternate tapping on shoulder in self hug). Calms the nervous system if you do it for 3 breaths
- Bring plants, sand, even water etc to play with inside for more sensory activities... smelling things etc... but sometimes watching nature documentaries and seeing videos/pictures also can help when all else fails
- Daydream! Creativity as a form of rest, beautiful and inspiring!