



CONNECTING WITH NATURE DURING COVID 19

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REFERENCES AND RESOURCES

QUOTE: “Allow nature’s peace to flow into you as sunshine flows into trees.” - John Muir

NATURE and MUSIC:

https://www.youtube.com/watch?v=BHACKCNDMW8&list=RDBHACKCNDMW8&start_radio=1&t=722

<https://youtu.be/kza72TBfoVM> (“What a Wonderful World”)

ARTICLES:

<https://www.findingnature.org/post/why-nature-is-the-best-recourse-to-heal-our-inner-child-during-a-crisis>

<https://www.greenchildmagazine.com/how-your-family-can-connect-with-nature-during-quarantine/>

<https://www.childrenandnature.org/2020/03/16/10-nature-activities-to-help-get-your-family-through-the-pandemic/>

<https://www.rei.com/blog/stewardship/op-ed-finding-nature-and-each-other>



New Website:

<https://www.findingnature.org/>

Under the Children & Nature Network

Webinar Series:

May 5, 2020 Nature's Role in Supporting Resilience During Times of Adversity

My Key Points to Connect with Nature During This Time:

Get Grounded

Get Going

Get Growing

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