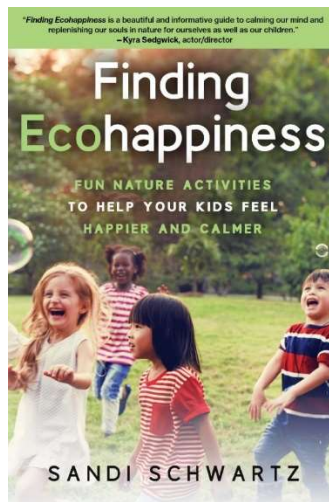


Resources for Camp

based on

Finding Ecohappiness: Fun Nature Activities to Help Your Kids Feel Happier and Calmer

By
Sandi Schwartz



Mindfulness

[Association of Nature and Forest Therapy](#)
[Kids Yoga Stories](#)
[ShambalaKids](#)

Gardening for Mindfulness by Holly Farrell

Nature Therapy Walks: 22 Sensory Activities to Enjoy in Nature for Wellbeing by Cortney Cameron and Natalia Clarke

Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh

Mindful Monkey, Happy Panda by Lauren Alderfer

Mindful Wonders: A Book about Mindfulness Using the Wonders of Nature by Michelle Zivkov

The Other Way to Listen by Byrd Baylor

Peaceful Piggy Meditation by Kerry MacLean

What Does It Mean to Be Present? by Rana DiOrio

Wild Mindfulness by Laura Larson

Yoga Animals: A Wild Introduction to Kid-Friendly Poses by Paige Towler

Outdoor Play and Adventure

[52 Hike Challenge](#)

[1000 Hours Outside](#)

[Association for Experiential Education](#)

[Association for Play Therapy](#)

[Children & Nature Network](#)

[National Association of Therapeutic Schools and Programs](#)

[Orienteering USA](#)

[Outdoor Alliance for Kids](#)

How to Raise a Wild Child: The Art and Science of Falling in Love with Nature by Scott D. Sampson
Nature Play at Home: Creating Outdoor Spaces That Connect Children with the Natural World by Nancy Striniste

Backpack Explorer: On the Nature Trail: What Will You Find? by Editors of Storey Publishing
Backyard Adventure: Get Messy, Get Wet, Build Cool Things, and Have Tons of Wild Fun! 51 Free-Play Activities by Amanda Thomsen
Exploring Nature Activity Book for Kids: 50 Creative Projects to Spark Curiosity in the Outdoors by Kim Andrews
Let's Play Outdoors!: Exploring Nature for Children by Catherine Ard
National Geographic Kids' Get Outside Guide by Nancy Honovich and Julie Beer

Creative Arts

[John Muir Laws](#) (nature journaling)

How to Teach Nature Journaling by John Muir Laws and Emilie Lygren
A Little Bit of Dirt: 55+ Science and Art Activities to Reconnect Children with Nature by Asia Citro
365 Days of Art in Nature: Find Inspiration Every Day in the Natural World by Lorna Scobie

Animal Poems by Valerie Worth
Handsprings: Poems & Paintings by Douglas Florian
How to Draw Things in Nature by Rob Court
Nature's Art Box by Laura C. Martin
Organic Crafts: 75 Earth-Friendly Art Activities by Kimberly Monaghan
Outdoor Photography by John Hamilton

Animals

[American Birding Association](#)

[eBird](#)

[National Audubon Society](#)

[National Wildlife Federation](#)

Animals Helping With Healing by Ann O. Squire
Birdology: 30 Activities and Observations for Exploring the World of Birds by Monica Russo

National Geographic Animal Encyclopedia: 2,500 Animals with Photos, Maps, and More! by Lucy Spelman
Therapy Animals (Animals That Help Us) by Alice Boynton

Food

[American Horticultural Therapy Association](#)
[Children in Permaculture](#)
[KidsGardening.org](#)
[PickYourOwn.org](#)
[U-Pick Farm Locator](#)

The Little Gardener: Helping Children Connect with the Natural World by Julie Cerny
A Child's Garden: 60 Ideas to Make Any Garden Come Alive for Children by Molly Dannenmaier
Easy Peasy: Gardening for Kids by Kirsten Bradley
Garden to Table: A Kid's Guide to Planting, Growing, and Preparing Food by Katherine Hengel
Green Green: A Community Gardening Story by Marie Lamba and Baldev Lamba
The Nitty-Gritty Gardening Book: Fun Projects for All Seasons by Kari Cornell
Plant, Cook, Eat! A Children's Cookbook by Joe Archer and Caroline Craig

Volunteering

[American Community Garden Association](#)
[Doing Good Together](#)
[Garden Club of America](#)
[Roots & Shoots](#)
[Tree City USA](#)
[VolunteerCleanup.org](#)
[VolunteerMatch](#)

Doing Good Together: 101 Easy, Meaningful Service Projects for Families, Schools, and Communities by Jenny Friedman, PhD
Simple Acts: The Busy Family's Guide to Giving Back by Natalie Silverstein, MPH

Can We Help?: Kids Volunteering to Help Their Communities by George Ancona
The Everything Kids' Environment Book by Sheri Amsel
Kids Can Help the Environment by Emily Raij
The Kid's Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference by Barbara A. Lewis

Learn more at www.ecohappinessproject.com.

