

# Booklist

Leading book discovery

## Booklist Review

It's a stressful world out there, especially for many kids. Schwartz, who suffered from anxiety herself as a child, looks to the natural world for relief. Being outdoors has been shown to slow breathing, lower blood pressure, and sharpen focus in adults, and the author contends that kids will experience the same benefits. Schwartz focuses on seven different practices and offers clear suggestions on how parents, grandparents, teachers, or youth leaders can incorporate nature into each. She begins with mindfulness, suggesting outdoor yoga, meditation spots, breathing into flowers, and walking barefoot in grass or sand to calm one's thoughts. The author encourages awe and gratitude by exposing children to rainbows and waterfalls and promotes outdoor play and exploration. Creating nature pictures and journals can make kids more aware, interacting with animals promotes calm, fresh fruits and limited sugar balance the body, and volunteering nurtures the soul. Each chapter ends with a checklist of activities and a list of related books and organizations. Colorful illustrations and practical suggestions make this book a handy parenting resource.