



# Growing Wellness: How Connecting to Nature Keeps Kids Healthy



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## Tangible benefits of nature



**What does biophilia look like in practice?**



**It looks like a moment of connection to each other...**





...and the natural world.



**Nature is good for us**



**And even better for our kids**



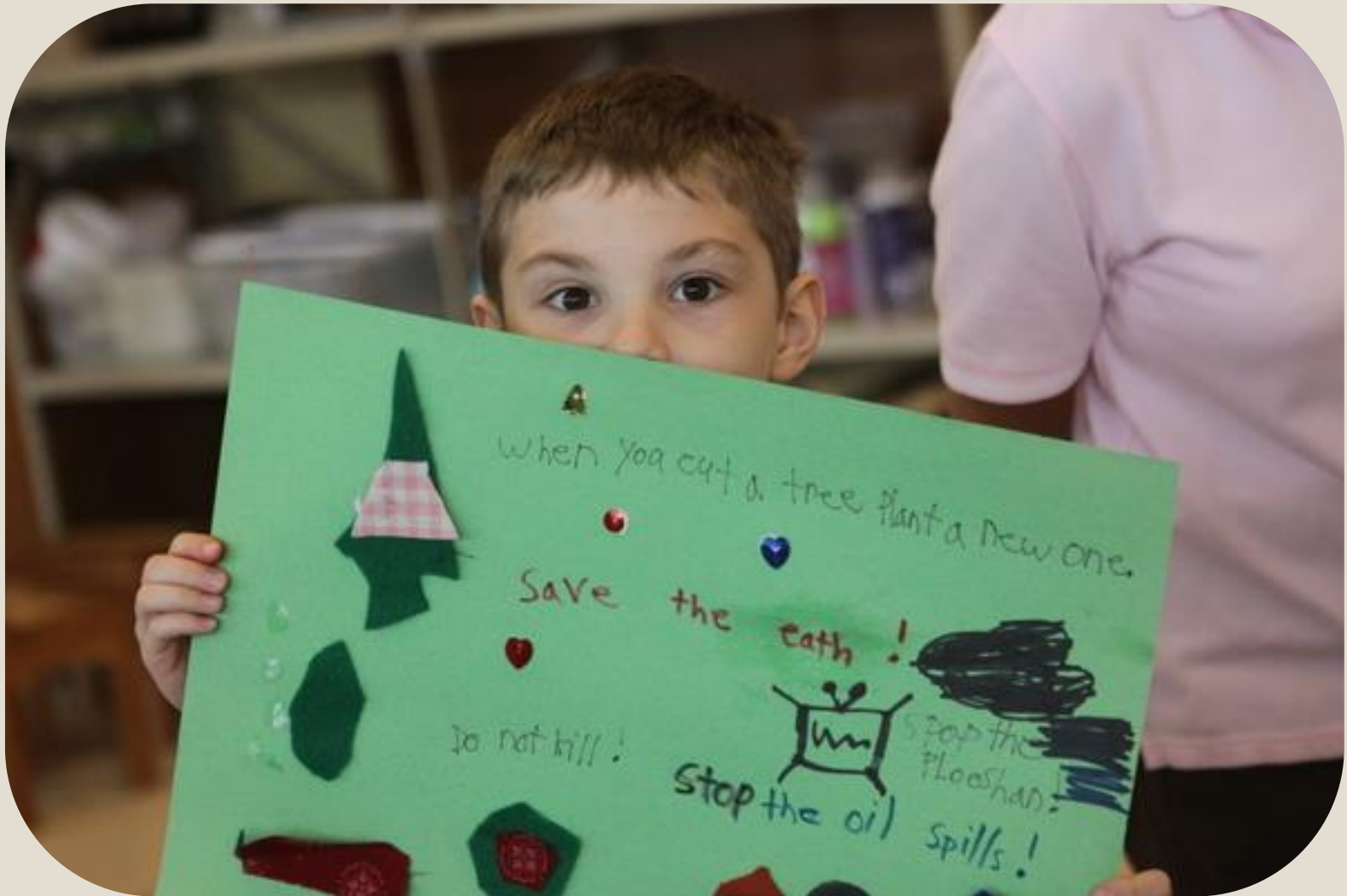


Connected children are...





# Empathetic



# Self-disciplined





# Risk takers and goal setters



## Better at teamwork and resolving conflict





Healthier



## Better at school





# Creative



Overall happier and more successful

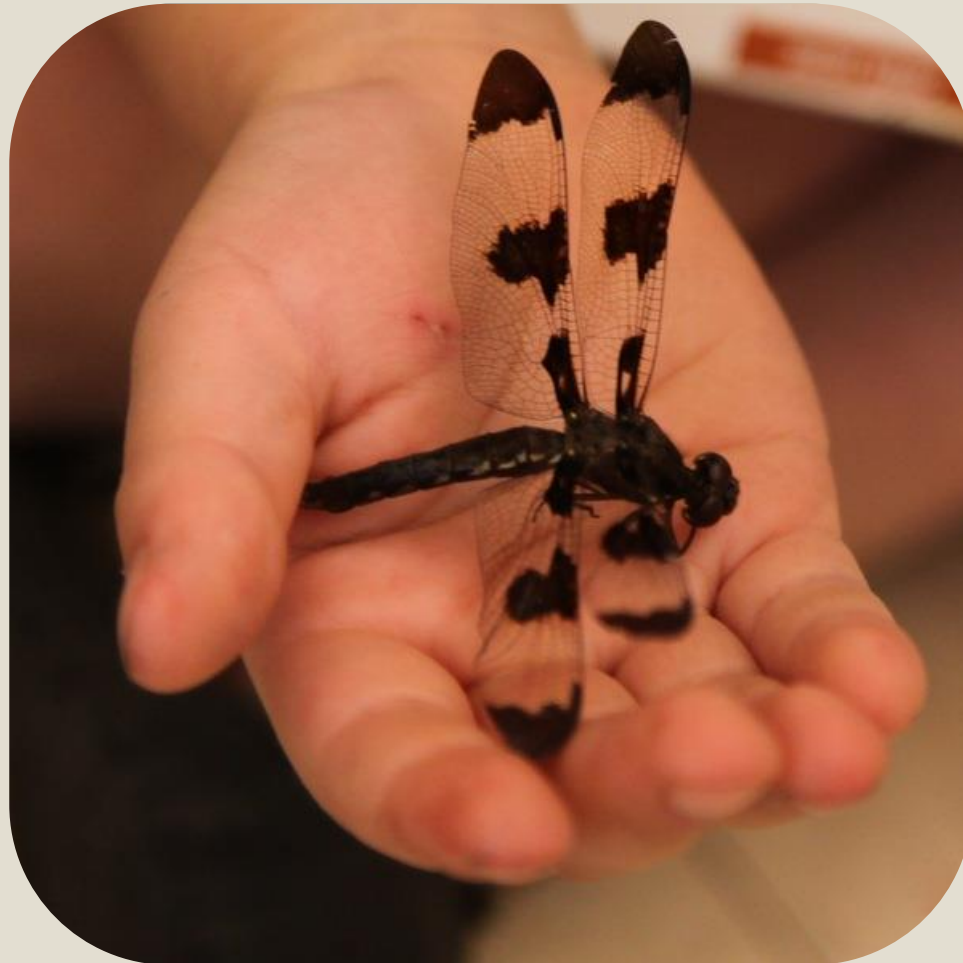




# Time in nature is important to child development



**Kids are not connected to nature in the same way that we were**





**We need to grow a new generation of scientists,  
artists and civically-engaged citizens**



# Science Education programming: bringing plant science to life





## Encouraging exploration, observation and imaginative play



# Using nature as inspiration





# Early childhood: sensory immersion and imaginative play



**“The years of early childhood are the time to prepare the soil. Once the emotions have been aroused – a sense of the beautiful, the excitement of the new and the unknown, a feeling of pity, admiration or love – then we wish for knowledge about the object of our emotional response. Once found, it has meaning.”**

**- Rachel Carson**

## Creating a sense of wonder





# Little Sprouts: Bringing families together in nature



# Seasonal camps: Creating positive outdoor experiences



**“The most exciting phrase to hear in science,  
the one that heralds new discoveries, is not  
‘Eureka!’, but ‘That’s Funny...’”**

**- Isaac Asimov**



## Field trips: Encouraging observation and asking good questions



**“Science is a way of thinking more than it is a  
body of knowledge.”**

**- Carl Sagan**

# High school: Thinking deeply and critically about the world





# Fairchild Challenge at Phipps



# Pennsylvania Association of Environmental Educators

*“The Pennsylvania Association of Environmental Educators unites, supports, and empowers a community of environmental educators throughout Pennsylvania”*



[www.paee.net](http://www.paee.net)

# PAEE Annual Conference





# PAEE-Sponsored Program Areas



**Everyone has a responsibility to raise this  
generation in nature**



**What do you want this world to look like when  
you are no longer in charge of it?**





**“The solution to adult problems tomorrow  
depends in large measure on how our children  
grow up today.”**

**- Margaret Mead**

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**All photos taken by Science Education staff and interns**