

Spending Time in Nature Reduces Stress & Opens Minds



United Way
Central and Northern
Vancouver Island

Outdoor Nature Education funded by United Way Donors Sparks Curiosity in Science & Helps Children to “See” Nature

Comments from elementary school teachers whose students participated in an outdoor science and nature education program that focuses on exploring, learning about and connecting with nature.

“This program helped all of my students connect with nature. We visited a park right in their own backyard, yet many of the children had never ‘seen’ what was beyond the playground. A wonderful, eye opening experience for my whole class.”



“My students really enjoyed the science and nature trip to the park. They were all engaged, curious and enthusiastic. One of my grade five boys went to the library to check a book on ponds the day after the trip. When we got some frog eggs for the class, he spotted and identified a particular type of water insect. I asked him how he knew what it was and he said that you showed it to him and told him what it was.”



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