

# NEW ENVIRONMENTAL ACTIVITY GUIDE CONNECTING NATURE AND SOCIAL EMOTIONAL LEARNING

Heritage Conservancy and Fairmount WaterWorks are excited to launch this compilation of activities and tools using nature as a basis for social-emotional learning in and out of the classroom.

## Why Social-Emotional Learning?

Over 6 million U.S. children aged 3-17 have been diagnosed with anxiety or depression, according to the CDC. Data also shows that 1 in 6 children 2-8 years old has a mental, behavioral, or developmental disorder and these numbers are likely higher currently, as a result of the pandemic.

Being in nature has shown to provide an array of health benefits. More time spent outdoors as a child is also associated with a stronger connection to the environment as an adult. Helping children build their relationship with nature young can positively impact their health and lead to more environmentally conscious adults down the road.

## Who is this Guide for?

Teachers, Administrators, Informal Educators, Parents, Daycare providers and anyone else interested in providing more nature related activities for young children as a way of enhancing their Social-Emotional Learning.

## How can I access this Guide?

Downloadable PDF (right click) or visit the websites: [heritageconservancy.org](https://heritageconservancy.org) and [fairmountwaterworks.org](https://fairmountwaterworks.org) website.

## THIS GUIDE INCLUDES:

### 13 Activities

designed to use children's experiences in nature as a doorway to encourage social-emotional learning

### Social-Emotional Core Areas Sheet

to use as a tool for understanding the foundation of social-emotional learning

### Feelings Assessment Sheet

to check in with your students before and after the completion of the activities

### Student Handouts

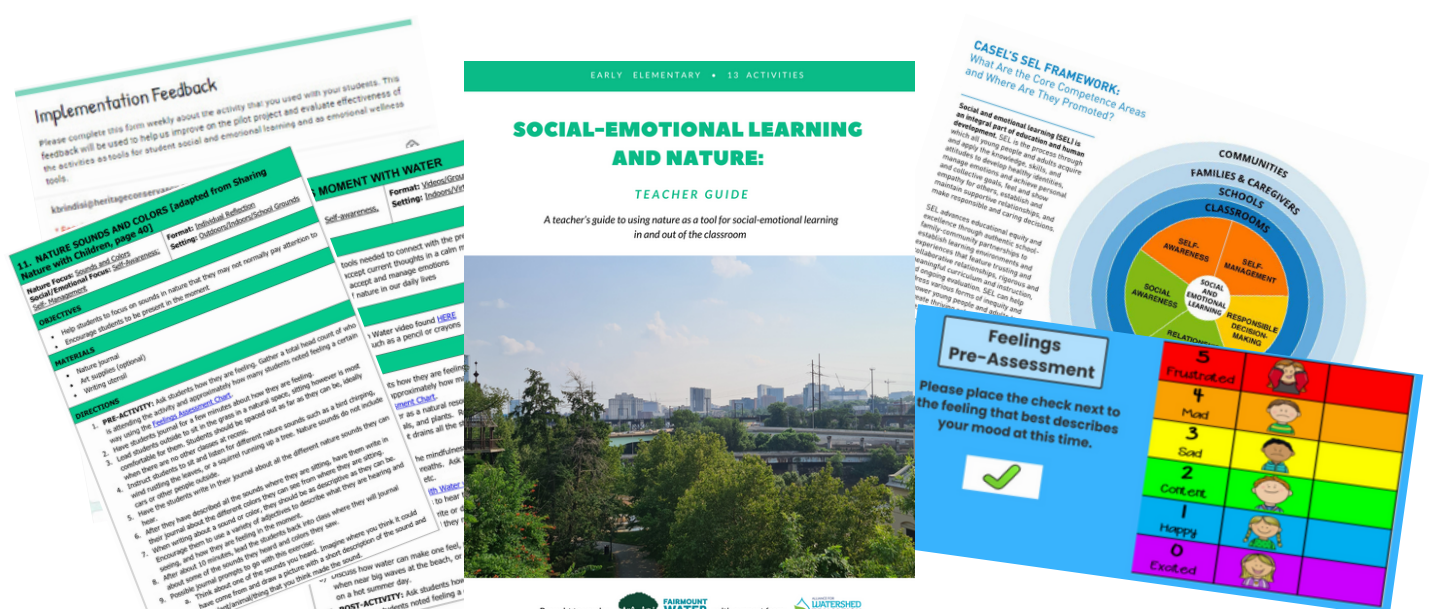
to support the activities provided in the booklet

### Teacher Feedback Survey

for providing us with feedback as you implement these activities with your students

### Extra Resources

for learning extensions and additional support



Please see [this video](#) (right click) for more info about this activity guide, the organizations that put it together, our pilot program, and a walkthrough of the booklet.

Please send any questions to [sfredebaugh@heritageconservancy.org](mailto:sfredebaugh@heritageconservancy.org) and submit any feedback [here](#) (right click).

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