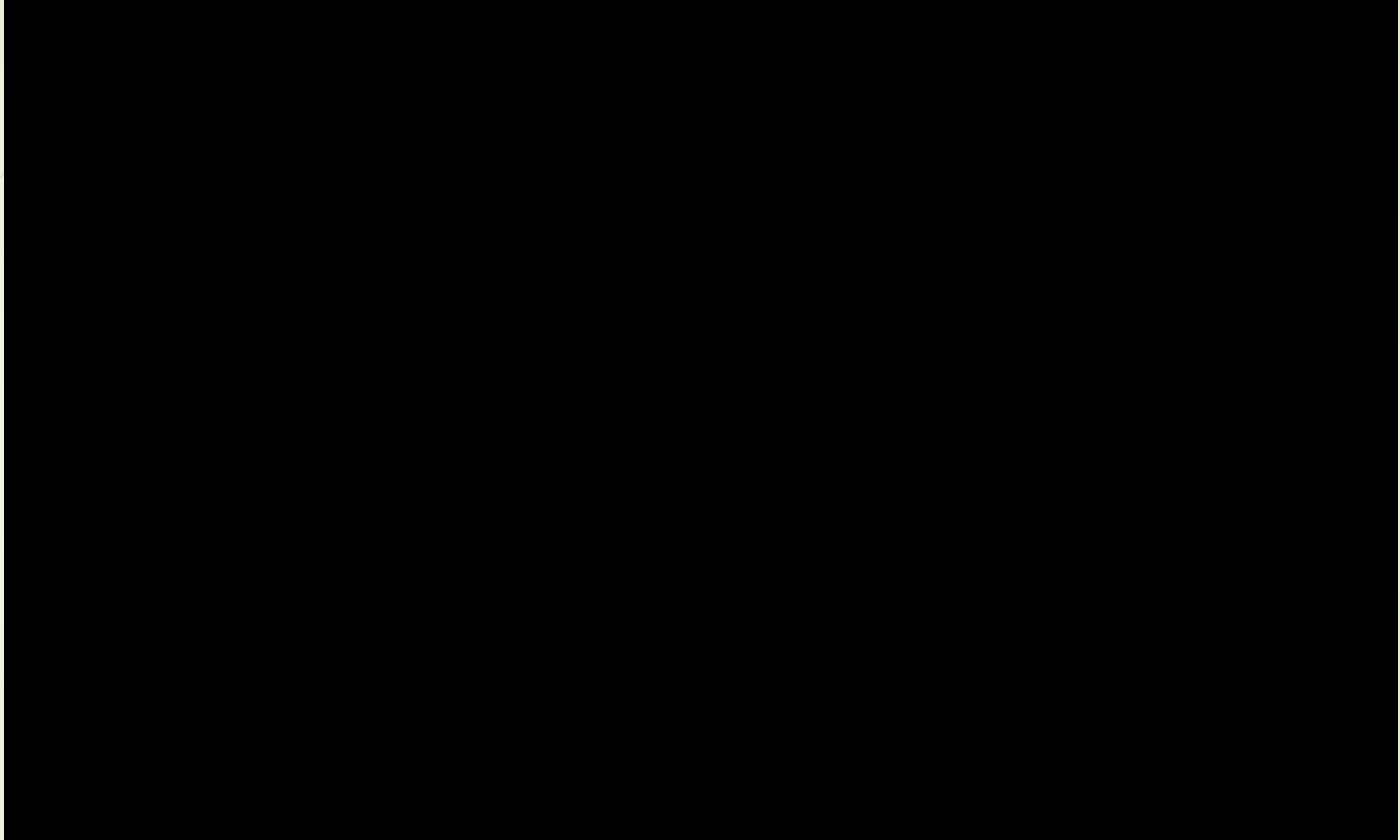


# Harnessing the Power of Nature to Reduce Stress and Increase Creativity

by Jo Watson  
Hackl

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# The Case for Woods Time



Option 1



# Option 2



# Option 3



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Maybe our  
bodies are  
hard-wired to  
respond to  
nature



2015

# Stanford researchers find mental health prescription: Nature

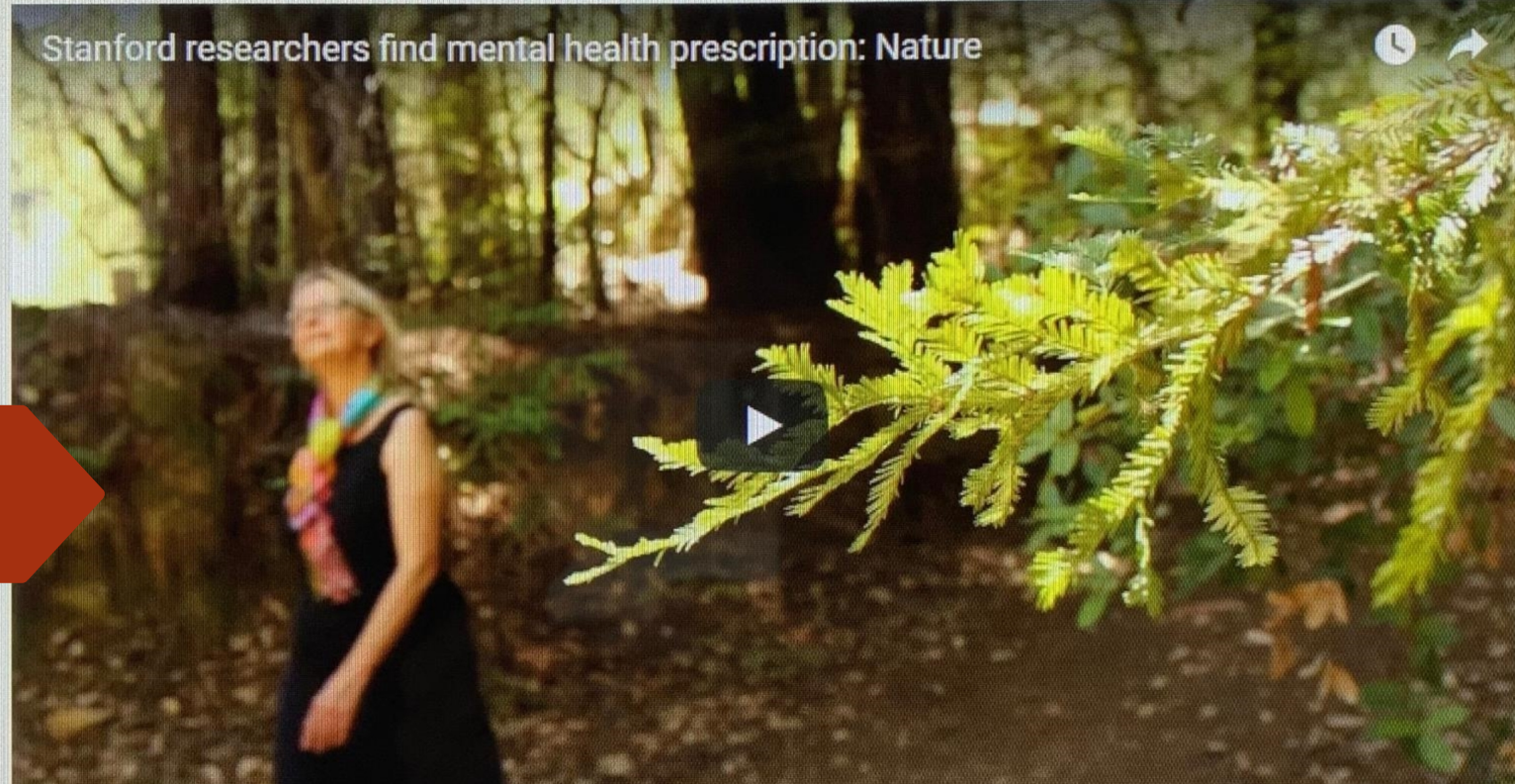
*Study finds that walking in nature yields measurable mental benefits and may reduce risk of depression.*

BY ROB JORDAN

[Stanford Woods Institute for the Environment](#)

*Stanford Woods Institute for the Environment*

Stanford researchers find mental health prescription: Nature



Stanford  
researchers find  
mental health  
prescription:  
Nature:



To better  
serve your  
students,  
nourish  
yourself



#1 Use the  
power of  
natural light



#2  
Incorporate  
nature into  
your  
workspace



# #3 Use walking meetings



# 4 Wind  
down  
outdoors after  
a long day



#5 Plan your weekends around outdoor activities.



#6 Take up gardening-  
even small  
steps make a  
difference



# 7 Eat close to nature





# 8 If possible, set aside at least one day during the weekend that is off-limits for technology

FAMILY DAY  
UNPLUGGED



#9 Keep a  
nature journal



# #10 Exercise Outdoors



Integrating  
nature into the  
library:  
Resources and  
ideas



#1 Where possible,  
use natural light



## # 2 Set the stage for engagement

Use the senses:

- Introduce natural elements into your space

Ideas include:

- Sounds from nature
- Natural textures
- Natural scents
- nature photographs



# 3. Create a discovery center with natural elements from the library grounds to spark curiosity and engagement

students can research the identity of branches, feathers, leaves, flowers, berries, and other natural elements



# 4 If your physical layout permits, create an outdoor reading space—even a couple of pillows outdoors can create an inviting place to read





# 5 Create more opportunities to engage with nature. Ideas include:

- a bird feeder
- a butterfly house
- a school garden
- an aquarium



# 6 Use free online resources  
Outdoorosity.org  
- Outdoor activities and articles  
- bucket lists for every season

**Outdoorosity**

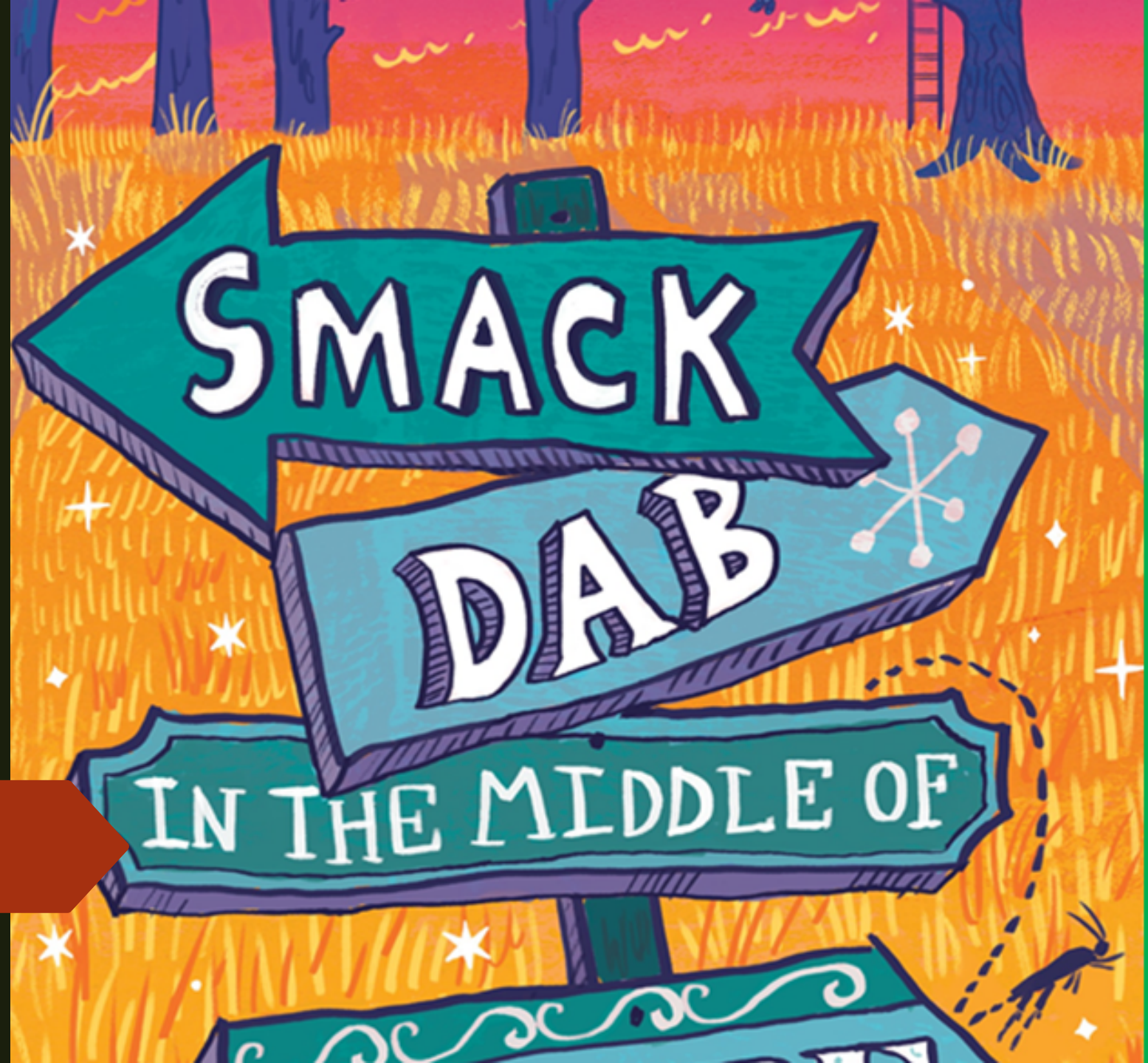


## Example: Bloom bingo

- students create their own bingo sheet using plants in the area and try to predict which plants will bloom first.
- Encourages engagement, curiosity and predictive skills



#7 Cricket Challenges!  
-Nature-themed activities  
- Woods Time Mindfulness Kit  
(Sign up to receive free resources)



#8 Recycle old notebooks to help your students create nature journals

- Helps them view their environment with new eyes
- Reduces stress by helping them to slow down and engage their senses



➤ #9 Incorporate the Natural world in Activities.

Some examples:

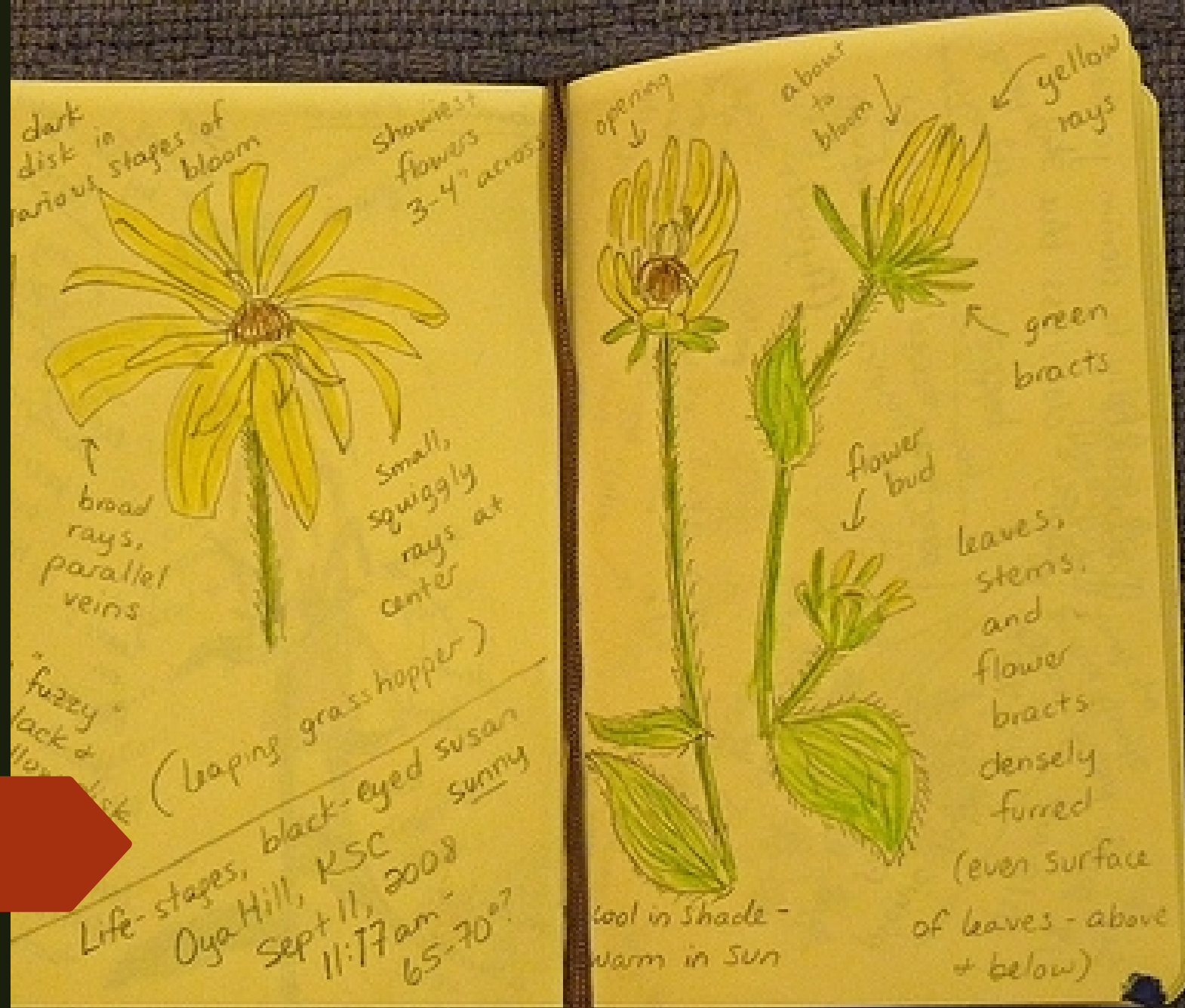
-Research the elements in the character's natural environment. Track the weather. Would the story be different if it were set at another time of year? How so? Write about how the natural environment shaped the story.

- Create a map of your library grounds, noting natural elements and directions.

-Create a model or map of the natural world of the character.



#10 Take nature journaling to the next level:  
Have students create a nature journal for their favorite characters



Have fun!





► Discussion:

- How are you incorporating nature into your day?
- - Are there any challenges you'd like to brainstorm on how to overcome?



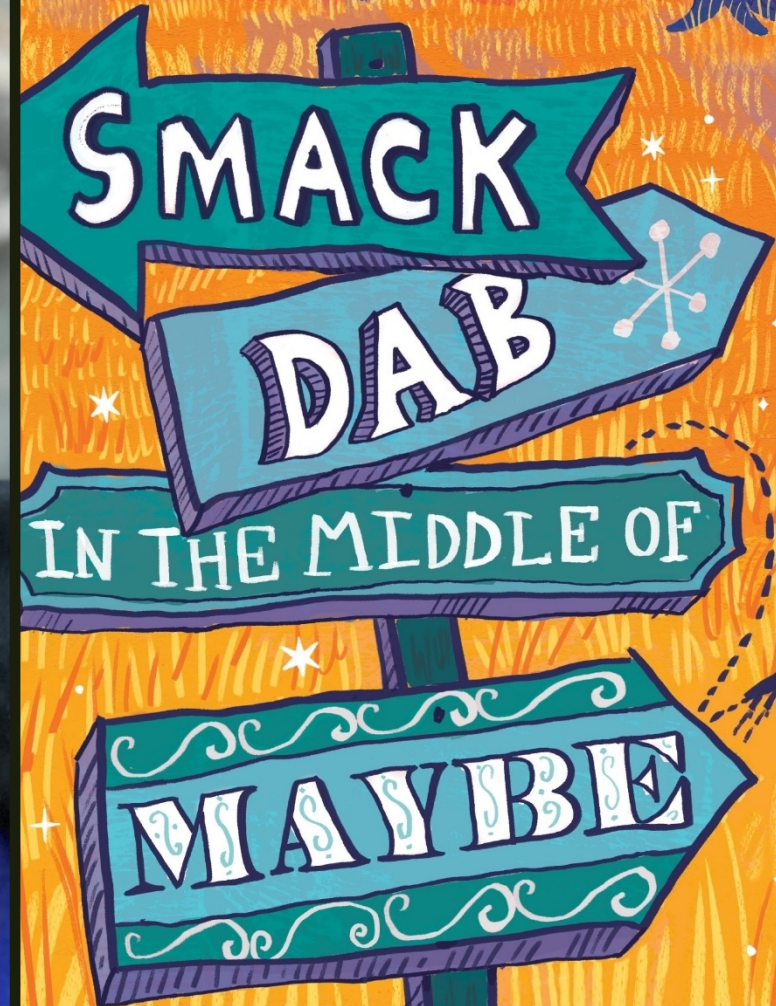
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“A tale of adventure, full of mystery and suspense.”  
Robert Beatty, #1 *New York Times* bestselling author of *Serafina and the Black Cloak*

JO WATSON HACKL



Thank you!

# Homework

