



# Clinton Community Nature Center

Program for Preschool-aged Children

## Nature Nuts!



- For adults with children ages 2- 5 years old.
- We introduce children to nature through stories, puppets, and song. We explore nature by walking the Center's trails, looking for clues, playing games; making natural crafts and/or visiting our nature play area.
- We meet at 10:00 a.m. on the third Wednesday of each month; except we don't meet in December. Program length of about one hour.
- We will go outside, rain, mud or shine so dress appropriately and/or bring a change of clothes.
- Cost \$3 for CCNC members and \$5 for non-members. Group size limited to 12 children.
- Use registration form or call 601-926-1104 for more information or to reserve a spot by phone.

### Children Need Nature Time!

- Research has shown that contact with nature at an early age has many beneficial benefits for the developing mind and body.
- Children need time playing in the countryside, in parks and in gardens where they can explore, climb trees, dig holes, gather acorns, float stick boats or build forts.
- Studies have shown that people are healthier and better adjusted if they get outside and spend time in their yards or out in the woods, parks and gardens.
- If children haven't had contact with nature, they never develop a relationship with the natural environment – they may become afraid of nature or misinterpret basic ecological principles.
- Studies have shown that people deprived of contact with nature were at greater risk of depression and anxiety -- stress levels fall within minutes of seeing trees and flowers or green places like parks and forests.
- Visiting a nature center and walking trails is healthy exercise for the body, mind and spirit.

