



Creating environments for healthy human development and a healthy biosphere for generations to come.



### LET'S GET OUTSIDE!

This set of four resources, created in collaboration with the National Wildlife Federation ECHO program, offer outdoor, community-based, health-promoting ideas for child care providers, regulators, and others working with or on behalf of young children.



# Learning

Do you have any activities for young children about leaves changing color in the fall?

The changing color of the autumn leaves is a great

#### **Rethink Outside: Getting Kids Outdoors as Early as Possible**

This story features four of NLI's longtime partners and childcare center outdoor learning environments designed to nurture healthy, holistic child development from year zero onwards. The story is one of an inspiring series curated by Rethink Outside.





This book chapter by Robin Moore and Nilda Cosco discusses the growth of interest in children's environments and NLI's role in re-naturing children's everyday spaces as a means of increasing daily dosage of nature. The chapter describes global advances in policy related to children's rights, health, sustainability and the need for "nature-based solutions" illustrated by NLI demonstration sites.



#### Natural Learning at Home® October

This publication includes seasonal simple recipes, activities, and facts that can be used in both childcare centers and at home. These fun resources are a great way to celebrate the beginning of fall.

#### **NLI Monthly Trivia**





## Pumpkins are actually a fruit!

More specifically, they are a winter squash in the family Cucurbitacae, which includes cucumbers and melons. But because they're savory, many people just call them vegetables anyway.



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