

POD Wake Co Newsletter- December 2018**Natural Learning Initiative** <naturalearning@ncsu.edu>

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Natural Learning Initiative: POD Wake Co Newsletter- December 2018



Nature is the Way!



Nature is an important part of children's development. Early exposure can contribute to not only improvement to health, but bring happiness within children's everyday lives. For children, access to nature is not exclusive to warmer months of the year, but should be year-round with an abundance of activities and learning opportunities that is conducive to each season and developmental needs. Below are resources and articles, highlighting the importance of nature for children:

Suggested resources:

1. [Benefits of Connecting Children with Nature](#) - Natural Learning Initiative
2. [Garden Books for Children](#) - NCSU Cooperative Extension
3. [Health Benefits and Tips](#) - National Wildlife Federation
4. [Kid's Gardening: Cultivating Food and Life Lessons](#) - Community Playthings
5. [Get Out of the Classroom and Into Nature: The Importance of Nature Play in Child Development](#) - Smithsonian Early Enrichment Center || Center for Innovation in Early Learning
6. [Want Creative, Curious, Healthier Children with 21st Century Skills? Let Them Play](#) - American Academy of Pediatrics
7. [Long Term Effects of Nature Based Education](#) - Community Playthings
8. [The Children's Center: Using Nature as a Teacher](#) - NCSU Cooperative Extension

Natural Learning Initiative's [Green Desk](#) has great resources on outdoor learning environments for children. Find information at naturalearning.org

December Activity



Penguin Waddle

For the penguin waddle, you can make it a race or just try it out one at a time. For the race, children will need a ball, as well as a start and finish line. Children will hold the ball between their knees and waddle like a penguin, whomever reaches the finish line first wins!

Plant of the Month

Fraser Fir, *Abies fraseri*

According to the North Carolina Christmas Tree Association, The North Carolina Christmas Tree industry is ranked second in the nation in number of trees harvested each year. Fraser Fir Christmas trees are the most recognizable and associated in the region representing over 99.4% of all species grown in North Carolina. They prefer cooler temperatures, so the mountains of North Carolina are suited perfectly for growing them. In addition, North Carolina Fraser Fir is the most popular Christmas tree in North America and is shipped all over the U.S and internationally.



To learn more about Fraser Fir...

[Click Here](#)

Learn more about Fraser Fir or other plants from your local cooperative extension agent.

Recipe

Kale Slaw

Prep time: 5 mins **Cook time:** 0 mins **Total time:** 10 mins

INGREDIENTS:

- 6 large kale leaves, washed
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- ¼ cup dried cranberries
- 1 garlic clove, peeled and minced
- ¼ teaspoon kosher salt
- ¼ cup freshly grated Parmesan cheese



INSTRUCTIONS:

1. Strip the leaves off from the kale's stems (Grasps the bottom of each stem and pull your hand along it forcefully). Throw tough stems away or save for vegetable stock.
2. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack to create skinny slivers of kale.
3. Put lemon juice, oil, garlic, and salt in large bowl, then add kale and toss.
4. Add cheese and cranberries.
5. Enjoy!

WOULD YOU LIKE TO DONATE TO NLI?

We support outdoor learning environments for vulnerable population.

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