A ONE-YEAR AWARENESS PROGRAM WITH MONTHLY EVENTS & INFORMATION

Aviod “Nature Deficit Disorder” this Spring and Summer – in an eco-friendly way!

Nature Deficit Disorder: The staggering divide between children and the outdoors, the lack of nature in the lives of today’s wired generation, creates some of the most disturbing childhood trends, such as the rises in obesity, attention disorders, and depression. Direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults.

Hikes

• Search for hiking trails while on vacation or a staycation.
• Hiking in North/South Carolina, the Asheville area and the Appalachian Trail.
• Use a hiking app wherever you are: AllTrails.

Volunteering

• To volunteer on vacation or in your local community, try searching environment at idealist or outdoors at VolunteerMatch.
• Make your next vacation a WWOOFING one: Work Wide Opportunities on Organic Farms (WWOOF) is a worldwide effort to link visitors with organic farmers, promote an educational exchange, and build a global community conscious of ecological farming practices. Become a member today and gain full access to its network of organic farms to schedule a volunteering opportunity.
• For local opportunities: LJCC Cares, Shalom Green’s Community Garden, United Way’s Hands On Charlotte and Share Charlotte.

Travel

• Take your next family trip outdoors and connect to nature! Five Epic Wildlife Family Getaways: Inspiration to unplug and reconnect outdoors with your children.
• Plan a whitewater rafting adventure: right here in the South Carolina and the Mountains of NC.
• If you are planning a trip to Washington DC don’t forget about all the parks available.
• If you are looking for green travel abroad, look for a Green Key accommodation.
• A beginner’s guide to Greentravel.
• GreenTravelerGuides.
• Visit a Tree City USA community.
• Looking for a sustainable community to visit.
• GREEN Destinations: the N standing for Nature.

Book recommendations – don’t forget to take your book outside to read (hang a hammock in your yard)!

- Vitamin In: The Essential Guide to a Nature-Rich Life
- Last Child in the Woods: Saving Our Children From Nature Deficit Disorder
- The Responsible Tourist: Free e-book
- Attracting Birds, Butterflies and Other Backyard Wildlife
- Best Hikes with Children Series
- Camp Out: The Ultimate Kids’ Guide
- Children’s Special Places
- Go Outside: Over 130 Activities for Outdoor Adventures
- I Love Dirt!
- Roots, Shoots, Buckets and Boots: Gardening Together with Children

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