

Science on the Slopes

Environmental Education & Wellness Program



Health & Wellness

Articles Promoting the Benefits for Children Being Outdoors in Nature



Article Links:

[Benefits of Hiking - National Park Service](#)

[Nurtured by Nature- American Psychological Association](#)

[Children Spend Less Time Outdoors Than Prison Inmates](#)

[Author, David Sobel-may articles and books to view](#)

[The Importance of going outside for youth education- Pacific Oaks College](#)