



FAMILIES' CLUB

GENERAL INFORMATION

The Nature Explore Families' Club includes research-based, field-tested resources to help you organize a Families' Club at your school, center or in your neighborhood. The Families' Club Kit is packed full of easy to use, age-appropriate activities proven to engage families in exploring the natural world together.

Mission:

Inspire children and their families to connect with the natural world

Goals:

- Effectively help connect children and families with nature and each other
- Introduce families to nature in a variety of settings within the community

Benefits:

Research shows that children benefit greatly from connecting with nature.

Benefits include:

- Increased math and science skills
- Strengthened powers of observation and imagination
- Enhanced motor skills, including balance, coordination and agility
- Improved concentration, even among children with Attention Deficit Disorder (ADD)
- Increased sense of wonder, inspiring lifelong learning

Who Should Be Involved?

The Nature Explore Families' Club is a unique program to help organizations and schools bring together the children and families they serve. Activities are tailored for young children, but work for all ages. All family members are invited to participate.

How Often Does the Club Meet?

Clubs usually meet once a month...on a weekend, an evening, or even over lunch, but the schedule is up to the facilitator. Club events usually last about an hour.

The original content material for Adventure Activities 1-9 was compiled in collaboration with the University of Nebraska-Lincoln Extension and 4-H Office.

"If children do not attach to the land, they will not reap the psychological and spiritual benefits they glean from nature, nor will they feel a long-term commitment to the environment, to the place."

—Richard Louv

