

Nature Deficit Disorder Info

Bryan On Scouting Article; The Wonder Of The Woods What Our Children Are Missing
<https://scoutingmagazine.org/2006/05/the-wonder-of-the-woods-what-are-our-children-missing/>

Psychology Today
<https://www.psychologytoday.com/blog/people-in-nature/200901/no-more-nature-deficit-disorder>

New Scouting Movement
<http://www.childrenandnature.org/2017/01/25/navigators-the-story-of-a-new-scouting-movement/>

Take aways:

What children today are missing, is more than just another form of fun. Nature engages all of the senses in a way that few other experiences can. We need natural experiences.

Recent studies show that direct exposure to the outdoors can reduce the incidence of Attention Deficit Hyperactivity Disorder (ADHD), decrease stress, and boost children's creativity and concentration. Research has shown that "Kids who play outdoors were calmer, more open to conflict resolution, and did remarkably better in science and math."

Nature Activity Ideas

Home Science Tools Nature Scavenger Hunt
<https://www.homesciencetools.com/a/nature-savenger-hunt>

<http://spaceshipsandlaserbeams.com/blog/party-games/kids-projects-outdoor-savenger-hunt-with-free-printable>

<https://thejoysofboys.com/eye-spy-nature-savenger-hunt/>

<http://www.thejennyevolution.com/nature-savenger-hunt-free-printable/>

<http://www.kcedventures.com/blog/nighttime-savenger-hunt-nocturnal-adventures-for-kids>

<http://www.inspirationmadesimple.com/2014/06/nature-walk-savenger-hunt-free-printable/>

Customize your scavenger hunt for the season, and what is in your area

Locations can be a in a neighborhood park, or up AF Canyon for a special Pack Meeting.

Sample Outdoor/ Nature Hunt

WHAT CAN YOU FIND?

- 3 different leaf shapes
- Piece of bark
- Dandelion fluff
- Pine cone
- Find something oval
- Acorn/nut
- Find something black
- Feather
- Moss
- Find something heart shaped
- A weed
- Grass
- 3 rocks: shiny, flat, knobby
- Wild flower
- A forked stick
- Something with a scent
- Location of a birds nest
- Insect
- Find something round

Engage the senses;

- Something that feels smooth
- Something that feels rough
- Something that feels spiky or poky
- Something that sounds soft
- Something that sounds loud
- Something that sounds low
- Something that sounds high
- Something that smells sweet
- Something that smells icky