



You Are Stardust



Suggestions for further reading

Many parents, educators, and scientists are concerned about kids' growing disconnectedness from nature. Much research has been done emphasizing how important it is for children to connect with the natural world. We've collected a few great articles about the phenomenon — and some tips for getting your kids to go outside and play.

“Natural Childhood” by Stephen Moss

Published by the National Trust, March 2012

This much-talked-about report by one of Britain's leading nature writers examines the phenomenon known as “Nature Deficit Disorder” using everyday language.

“Bucket list for kids: 50 things to do before they're 12” by Catherine McLean

Published in The Globe and Mail, April 23, 2012

The National Trust compiled a list of 50 (free!) things children should do before they turn 12 to better connect with nature. After reading the list, many adults will find they'll want to put down their gadgets and join the fun.

“Study: New kids' books lack connection to nature” by Jenn Savedge

Published on Mother Nature Network, February 7, 2012

Green parenting book author Jenn Savedge's response to the conclusions drawn by a new study, which found there has been a serious decline in the number of children's books depicting the natural environment since the 1960s.

“Generation ‘In’ gets a new nudge: Go out and play” by Ben Arnoldy

Published in The Christian Science Monitor, October 11, 2006

With declining attendance at national parks becoming a concern in the United States, Connecticut kick-starts a campaign called “No Child Left Inside” to engage families with nature once again.

“Young children's relationship with nature: It's importance to children's development and the Earth's future” by Randy White

Published by White Hutchinson Leisure & Learning Group, 2004; subsequently published in Taproot, Fall/Winter 2006 issue

Since safety is cited as the number one reason parents don't wish their children to play outdoors unsupervised, Randy White outlines the benefits of Naturalized Playgrounds.

