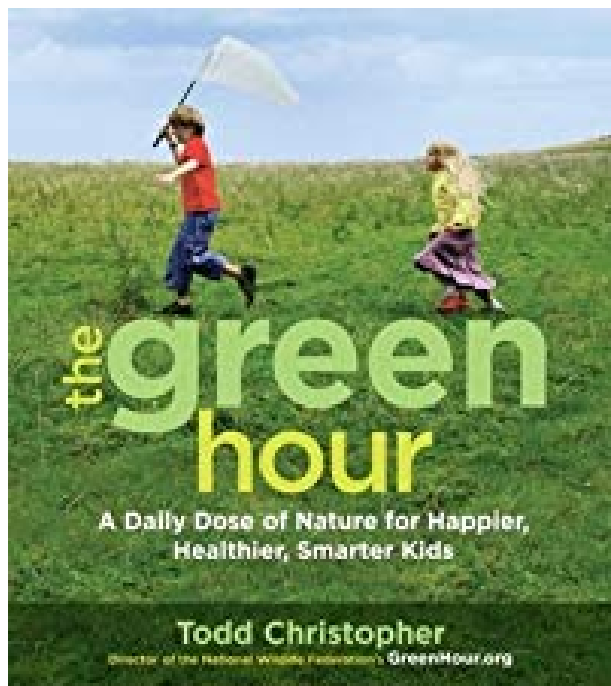


The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids



Pages:	288
Genre:	Parenting
Language	English
Author:	Todd Christopher
ISBN10:	1590307569
Goodreads Rating:	3.77
Published:	March 16th 2010 by Roost Books
ISBN13:	9781590307564

[The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids.pdf](#)

[The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids.epub](#)

The National Wildlife Federation, on its website GreenHour.org, recommends that parents give their kids a “Green Hour” every day—a time for unstructured play and interaction with the natural world. Whether in the backyard, the local park, or a green space farther afield, time spent outdoors is essential to the healthy development of young minds, bodies, and spirits. Todd Christopher, the creator of the GreenHour.org, has filled this book with activities designed to encourage discovery, creative play, and a wonder of nature. Here you'll find a range of projects, fun facts, and science ons meant to engage and invigorate your child, as well as the practical advice for parents that makes getting outdoors easy and worry-free. With creative, science-based ideas for a variety of natural settings, getting your family's daily dose of nature just got easier.