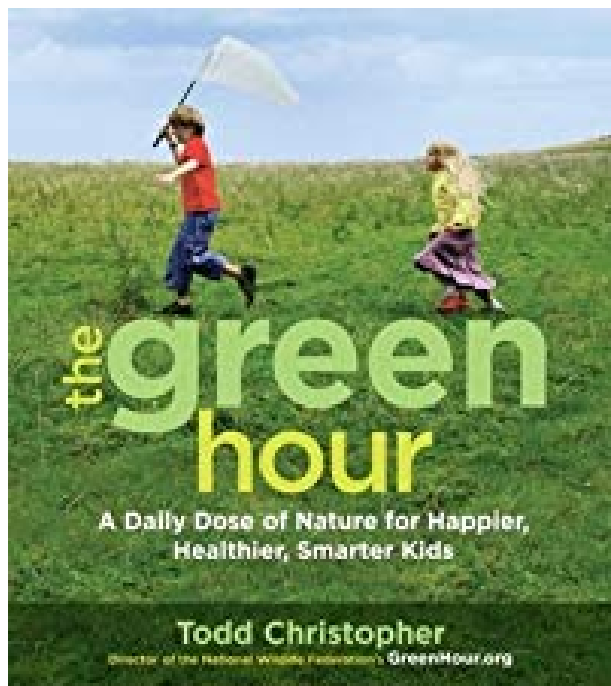


# The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids



<b>Pages:</b>	288
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<b>Language</b>	English
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The National Wildlife Federation, on its website [GreenHour.org](http://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](http://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.