



Zoo Sprouts

Dear Families,

As part of our participation in the Zoo Sprouts program, Brevard Zoo will be bringing your student two programs at your school, Wiggly Wonders and a Nature Based Play Session at your child's school this Spring. We are also providing easy to complete activities to connect you and your child with nature.

The benefits of playing in and with nature are endless and include reducing stress, decreasing ADHD symptoms, boosting the immune system and increasing physical fitness. Helping your child build a strong connection to nature can also help them strengthen their creativity, encourage exploration and begin to make them a steward of the environment. In addition, at this stage in their development, children are reaching many crucial motor, language, communication, social and emotional milestones. Nature play provides the perfect platform to encourage and support important developmental milestones.

We hope you will take time to try some of these easy to complete nature activities with your child and they will share what your family is doing with their class.

The best thing you can give your child are the memories of good times shared together!

Nature Play Resources

Books:

By [Editors of Storey Publishing](#)

[Backpack Explorer: On the Nature Trail: What Will You Find?](#)

[Backpack Explorer: Bird Watch: What Will You Find?](#)

[Backpack Explorer: Beach Walk](#)

Websites:

Association of Zoos and Aquariums
https://assets.speakcdn.com/assets/2332/aza_natureplay_familyguide_final.pdf?1628699762119

Metro Omaha Resources for Exploring Nature: www.morenature.info

1,000 Hours Outside
<https://www.1000hoursoutside.com/>

Brevard Zoo: www.BrevardZoo.org

"Of All The Paths You Make In Life, Make Sure Some Are Of Dirt" John Muir