

"THIS IS A LIFETIME HABIT YOUR CHILDREN WILL
THANK YOU FOR STARTING TODAY!"

— MARTHA BEARS, RN,
Teacher at The Nature School

15 minutes outside

*365 ways to get out of the house
and connect with your kids*

REBECCA P. COHEN

Foreword by Dr. Tamarai Trent

Rebecca Cohen

Fifteen Minutes Outside: 365 Ways to Get Out of the House and Connect with Your Kids



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"Every family will LOVE getting outside every day with the fun & easy tips in this book!" ? Whitney Ferre, author of 33 Factors to Know About Raising Creative KidsIn simply 15 minutes your kids could be unplugged from their screens and outdoors on an experience, all thanks to the ultimate parenting resource to help you connect with your children and get out of the house!Ideal for parents, daycare workers, babysitters, and more, this book could keep kids busy and prevent the dreaded "I'm bored! A creative assortment of activities for households, 15 Minutes Outside is filled up with 365 times of quality time, outdoor adventures, and unplugged activities that want little time, cash, or tolerance." from escaping their mouths.



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Fun, easy ideas for time outdoors for kids and adults!redirect=true& http://www. The actions are generally geared toward teenagers. Its brilliance is certainly in how easy it really is to implement many of the ideas. I really like the author's practical, peaceful, shoot for good not ideal approach. She would appeal to a multitude of people living in different urban to rural settings. Many of the suggestions are new, but even the more obvious types are actually great to have in one place for easy reference. We utilized one tonight at dinner "In the event that you could do more of one issue everyday, what would it not be?" I use them whenever we have to wait. This book can be fun, easy, filled with ideas that are not difficult but that I wouldn't have considered on my own..com/gp/product/B005FQGCUG? Check out her "Curiosity Cards," too I agree whole-heartedly with the various other positive reviewers. Five Stars This is an excellent book that's written very beautifully. Bad attitudes disappear in oxygen!On another notice, I likewise have Rebecca Cohen's "Curiosity Cards" plus they are great! I'm sure I'm not the only parent who does not have a running repertoire of outside video games and activities in my head at all times. With this reserve you don't need to worry about operating out of ideas. Great ideas! I really love this book. I bought it because I know I will get my children outside more, but sometimes I go out of ideas. Simply keep in mind most of the activities aren't useful when you have toddler-age kids or youthful. It is very encouraging, but not preachy at all - it has a great debate of why you should get your children outside that I came across very inspiring. The 15 minute objective is great because it is rather doable. It is so popular in Texas in the summertime that I often just can't stand the very thought of going outdoors, but knowing it's simply for 15 minutes is normally enough to get me out - and once we're out, we generally stay out for a lot longer than quarter-hour. It has motivated me to invest at least a quarter-hour outside with the youngsters everyday. Occasionally I read among her ideas and it inspires a totally different activity, or I modify among her activities in some way. Obtaining the kids outside functions magic. What a great book! Recommended for All Ages This is a great resource to have close at hand. As a busy Mother who wants to spend period outside but often feels pulled in many directions, it can help inspire and motivate me, too! In addition, it contains great commentary that produced me rethink my attitude about outdoor period. plant perennials) I was not motivated by this at all. I used the library copy and decided this was worth having on hand. Not a purchase you will regret.actually if I or they don't want to. That was unexpected considering I'd spent years playing outside! The book also doesn't take inclement weather into account. 365 mostly great suggestions. Or in hot humid climate or in arctic wind? No suggestions can be found. I thought a book that talks about getting outside 365 times of the year would at least contact those topics. How do you take your children outside in the streaming rain and make it fun? This book is a listing of 365 days of activities to do with children outdoors (Duh! Four Stars Lots of good ideas! Some will entail planning plus some will be problematic for apt. occupants, but she presents some solutions. Really worth the price. a must go through for every parent nowadays Children spend a lot of time inside! This can be a great publication. I found the overall idea of the book even more encouraging and helpful compared to the individual activities which were suggested, but nonetheless a book that has a prominent put on our book shelf. There are therefore many tips in this book, and they are grouped by month, which makes it quite simple to discover some seasonally appropriate ideas.amazon.. Most of the tips in this reserve are no brainers (look at the clouds) or just repeats of prior suggestions (plant peas...no matter what the weather. And when we need something extra, I can flip through the web pages and get some good ideas. This is a great book to have readily available This is an excellent book to have on hand! Disappointing Nothing at all new here. This publication is great for that! I purchased this when our oldest was 2 rather than could get much use from it. On top of that, I periodically leave it on our dining room table and my children love to skim through it and make suggestions. But he's 4 now and I know we'll be using it often this summer! Great product Great publication to use with my grandchildren.ref_cm_cr_ryp_prd_ttl_sol_0 Great ideas for outfit play regardless of the time of year! Four Stars Great ideal, but a lot of them weren't new.) It is divided by periods, months and days, and even though not all activities are appropriate for all kids, you will easily look for a couple a week. They look like a lot of fun I'm excited to use these actions with my grand-child! They look like lots of fun!



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