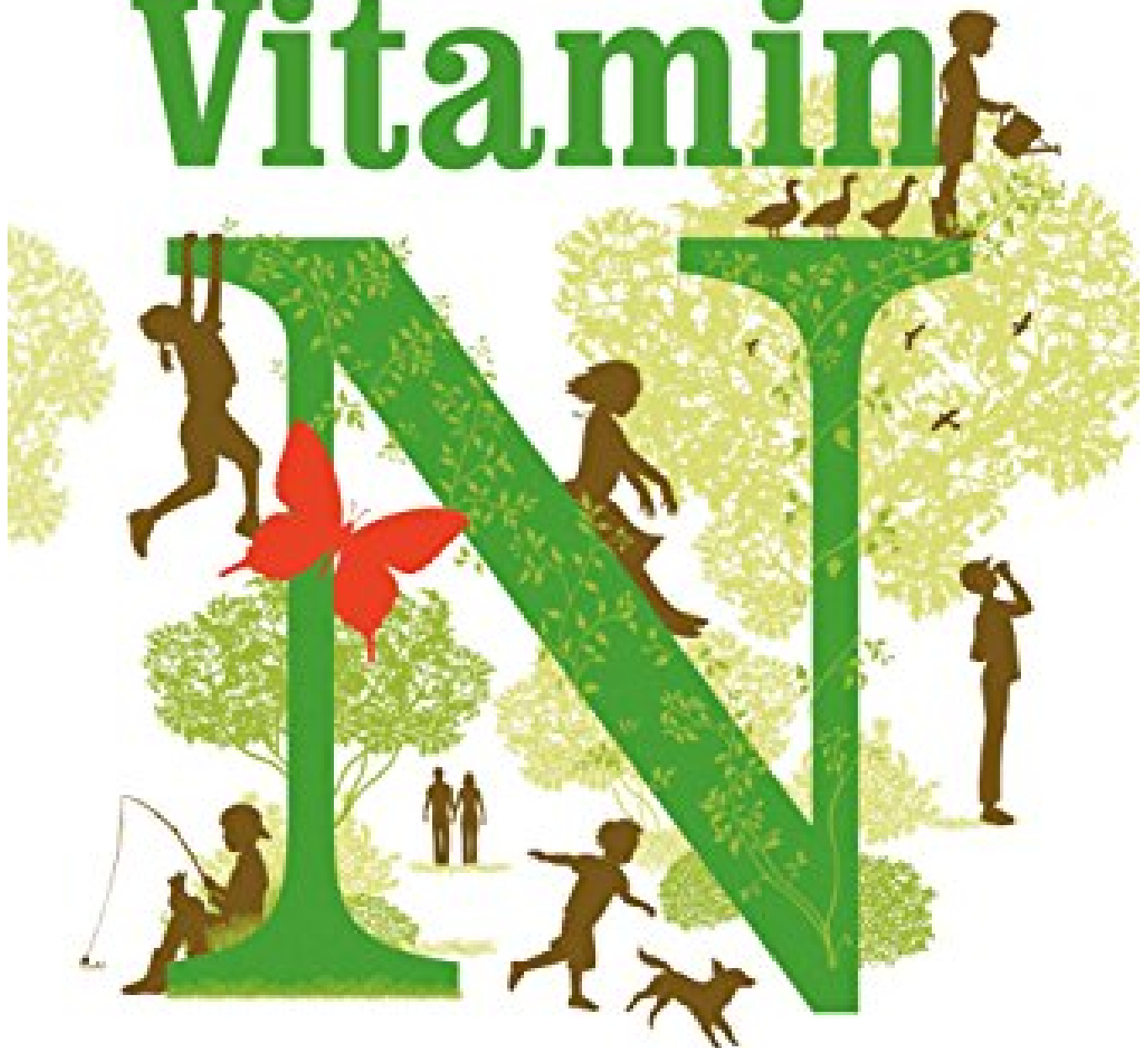


**500 Ways to Enrich the Health &
Happiness of Your Family & Community***

***and combat Nature-Deficit Disorder**

Vitamin



**THE ESSENTIAL GUIDE TO
A NATURE-RICH LIFE**

RICHARD LOUV

Richard Louv

Vitamin N: The Essential Guide to a Nature-Rich Life



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Unlike other guidebooks, Vitamin N (for 'nature') addresses the whole family and the wider community, encouraging parents eager to share nature with their kids. In his groundbreaking international bestseller *Last Child in the Woods*, Richard Louv spotlighted the alienation of children from the natural world, coining the term 'nature-deficit disorder'. This is a dose of pure motivation, reminding us that looking up at the stars or going for a walk in the woods is really as joyful as it is essential, at any age group. Includes: 500 activities Scores of informational websites An abundance of down-to-earth advice Dozens of thought-provoking essays. From the bestselling authority on connecting children with nature, a one-of-a-kind guide chock-full of practical ideas, advice and inspiration for creating a nature-rich life - for kids and grown-ups. Vitamin N is the comprehensive useful handbook, a complete prescription for enjoying the natural world.



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5 Stars I received this book through a Goodreads First Reads Giveaway. "Vitamin N: The Essential Guide to a Nature-Rich Lifestyle" was an excellent read. There are "500 Ways to Enrich Your Family's Wellness & Happiness," as mentioned on the cover. You can find ideas in this reserve for all ages, from baby to adult. I really wanted to such as this book but I found myself unimpressed by the concepts. It really is full of a variety of different suggestions to use with your family members to obtain out in nature. helping increase focus and assisting with ADHD symptoms in children; The writer says that children will like this, but I would like to state that you understand your son or daughter best. and aiding creativity and learning. The writer encourages amount of time in nature for everyone, including kids and adults with unique needs. The author suggests joining regional outdoor groups to diminish isolation also to build stronger bonds with residents and other families. Though the point of the reserve is to get outside and into character, away from it, electronic gadgets, and advertising, gadgets can sometimes be found in tandem with nature to enhance the experience, much like geocaching, which is much like a treasure hunt that uses Gps navigation. He suggests taking an inexpensive camera and acquiring photos for teenagers. The book discusses the exciting boost in popularity of character kindergartens and character preschools! I have everything tabbed up as you will find loads of activities I would like to try as my children get older. There are text areas, then you can find set-apart bolded sections which are section of the 500 suggestions. But, my children certainly are a little young for them at this time. So many great ideas to get the kids and yourself involved in . How-to book on getting out in nature Best for teachers and parents. Put this one in arms reach! I attempted eight different activities in one week with my one-year-old and four-year-previous and we all had a blast! Do these appear to be activities that you might have done as a child? Some of these activities audio so simple, but they are wonderful experiences! they were normal parts of play years ago. This is simply not the case any longer. I remember doing many of them; It operates somewhat like a field lead for having fun in character for the newly initiated and long-time lovers alike. The author suggests taking your son or daughter's toys and stuffed animals and hiding them outside in various areas, then letting your son or daughter find them and have a blast playing with them in a different environment. enhancing mental and physical wellness; If my mom would have taken my stuffed pets outside and hid them, I would have freaked out and cried. An Easter egg hunt is normally one thing, but that is quite another. There are plenty of other recommendations, though. The book also includes suggestions on how to get the community mixed up in Forward to Nature motion, using local academic institutions and teachers, libraries, and other organizations. Some of these ideas seem to be out of reach and unrealistic, however the point of the book would be to initiate change. What's unrealistic today may be common in the future.! The reserve discusses healing gardens in hospitals and includes ideas for renovations of buildings to include more elements of nature. The author has other books that talks about the importance of being in and studying character, and how it provides healing ideals. I marked it up and appearance forward to deploying it in my new-this-season forest classroom. While nature-deficit disorder is not a recognized medical diagnosis, I believe that there surely is credibility in the claims made about any of it. I would want the near future generation to possess good, positive recollections of playing outside, and not just a childhood of thoughts that are just watching TV, playing video games, taking selfies, and browsing the internet. This book is an excellent place to begin to enact change for the betterment of ourselves and our children. A Book of Concepts (Good ones! These types of programs happen outside, rain or shine.) This is not a normal book, rather this is a book of ideas; jumping off points to have significantly more

fun in nature. There is one thing I'd like to note in regards to a specific activity. It will be helped me move out of my nature rut, as if there is any such thing. The book is filled with over 500 different activities organized into sections. It's easy to skip stuff you aren't interested in and find what you are searching for.), record outdoor appears like birds singing or the river and listen inside, storytelling, outdoor experiments like a sunlight oven, nature writing such as keeping a character journal, writing about the wonder of something ugly, haiku poetry, rock art, producing handmade books about your adventures outdoors and using outdoor treasures in them, tree-houses, going star-gazing, building forts, find out navigation skills, roll straight down grassy hills, fly a kite, and many, many other recommendations. It had been definitely worth the money. Plenty of guidelines here because of this K-2 teacher Plenty of good ideas here for this K-2 teacher. I love how the reserve is formatted. There exists a whole section on outdoor games from different countries that I adored. I also just like the fact that we now have quotes from regular people and professionals who are involved in this "forward to character" motion in a section known as Various other Voices. I set down to highlight the "keeper" concepts and finished up giving up. Nature is essential for all. Excellent book on the fundamental need for everyone to lead a nature wealthy life. Highly recommended. Great Ideas Lots of great family oriented activities, wish I had this reserve when our girl was born! You can find safety suggestions included, many resources including a bibliography and suggested reading, and ideas for people who live in cities. Great book. It is just a LONG set of Pinterest kind of ideas. Overall, this was a great book chock full of wonderful ideas to reunite in touch with nature and regain stability. Highly recommend this and his other books. Not impressed. The premise of the publication is that we live in a society that has grown away from nature, that we suffer from what the writer has coined "nature-deficit disorder. In case you have any interaction with kids (as a parent, grandparent, instructor, babysitter), I recommend this book. It isn't well worth wading through the weeds of therefore so ideas in order to find one worthy. It's in the donate pile. Some of the concepts included are gardening in the backyard, helping researchers by collecting data about regional wildlife, going bird-watching, getting fireflies, hiking, mountain climbing, playing in the mud, camping or renting a cabin in the woods at circumstances park, wildcrafting, go on a picnic in the park, independent outdoor play, cloud-spotting (there is a group devoted to this! Hands down that is a publication to keep on your shelf." The publication is filled with facts that support the idea that nature is beneficial to humans by relieving stress, anxiety, and depression; I refer back to it frequently and also have loved all of the ideas and recommendations I've used up to now. Great tool! The reserve is broken up into manageable chunks, so it is great to read in doctor's offices, for example... So many great ideas to get the kids and yourself involved in nature. Things you would never think of! I plan to come back to the reserve again and again. Even though I am not a parent, there are many good ideas in here that I'd like to try myself, and I plan to lend the book to my mother so that she might consist of a few of these activities as she has with and babysits my niece and nephew. Pinterest List I paid attention to the audio book version. Would be great present for new parents! Sadly, the majority of the ideas are not very imaginative and there really isn't much insight. I could just take about 2.5 hours of lists before I turned it off. The author also includes ideas for grandparents to become involved. Five Stars Great book with lots of inspiration on how best to get out even more with your kids.



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