Welcome to the Lone Star Family Health Center’s Nature Explore Classroom!

Use this Adventure Guide to help you play, explore…and stay healthy. Parents, please supervise and participate in the play of your children.

Gathering Space
Your adventure begins here! Look over all of the Nature Explore Classroom and then use this guide to plan what you would like to do.

Building Area
Look around you; what elements of nature inspire you? Can you use the blocks to create a structure that represents something interesting in nature?

DID YOU KNOW?
Children who regularly connect with the natural world show more advanced motor fitness, including coordination, balance and agility.

DID YOU KNOW?
Children who spend time in well-designed Nature Explore Classrooms with nurturing adults develop valuable skills across all learning domains.

Our Nature Explore sponsored Outdoor Classroom was made possible by the U.S. Forest Service, in collaboration with the National Environmental Education Foundation, the Arbor Day Foundation and Dimensions Educational Research Foundation as well as through additional support from the Texas A&M Forest Service and many other community partners.

To learn more about these national studies and connecting children with nature visit natureexplore.org

Nature Explore is a collaborative program of Arbor Day Foundation and Dimensions Educational Research Foundation. ©2016
Music and Movement Area
Create a song using the drums. Dance to the beat. Can you leap like a frog... flap like a bird... scramble like a squirrel?

DID YOU KNOW?
Connection to nature is associated with less chronic disease and children who spend time in nature are less likely to become diabetic.

DID YOU KNOW?
Children who spend time in nature are less likely to be overweight/obese and is associated with improved blood glucose levels for diabetics.

Nature Art Area
Use these natural materials to create unique designs and mosaics. You might want to draw or take a photo of your creation!

Open Area
Run, jump, roll, hop. Try making your body into the shapes of the trees you see.

“Messy Materials” Area
What can you create... a fort, a teepee, an eagle’s nest? Use your imagination.

DID YOU KNOW?
Children who spend time in nature have better social relationships.

DID YOU KNOW?
Children who spend time in nature are less likely to be overweight/obese and is associated with improved blood glucose levels for diabetics.

DID YOU KNOW?
Children who spend time in nature are less anxious and have fewer negative thoughts.

DID YOU KNOW?
Spending time in nature improves concentration, especially for children with ADHD.

DID YOU KNOW?
Connection to nature is associated with less chronic disease and children who spend time in nature are less likely to become diabetic.