



Leader Certification

Chapter Three: Youth Development 101
&
the Role of Nature

Be Active!

- Control weight
- Builds lean muscle
- Reduces fat
- Promotes strong bone
- Muscle and joint development
- Decreases the risk of obesity
- Decreases risk for many diseases



Prescribing Nature for Health

Physical

Mental

Spiritual

Environmental



Here comes the sun!

VITAMIN D CAN

REDUCE YOUR RISK OF THE FLU

REDUCE YOUR RISK OF CANCER

REDUCE CHRONIC MUSCLE ACHES

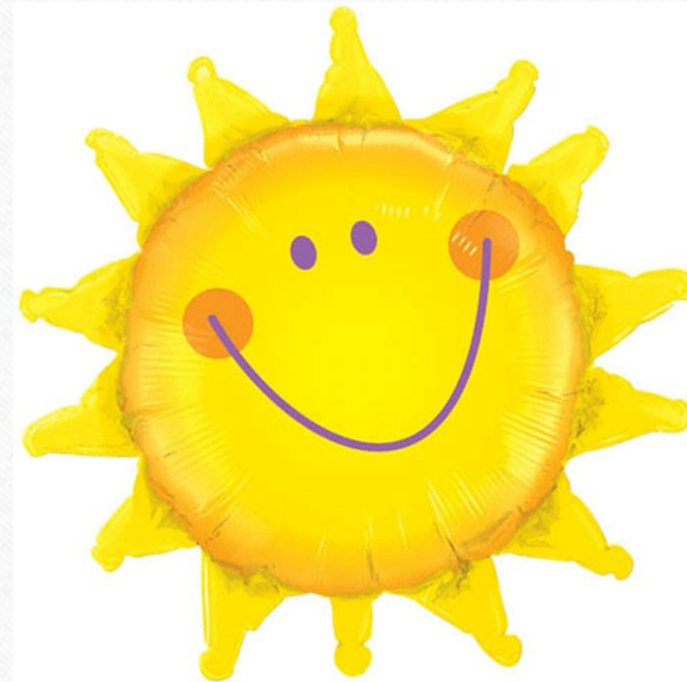
REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE

REDUCE YOUR RISK OF DEPRESSION

REDUCE YOUR RISK OF DEVELOPING DIABETES

REDUCE YOUR RISK OF GETTING AUTOIMMUNE DISEASE

REDUCE YOUR RISK OF OSTEOPOROSIS



Video Take-Away



- “Tree bath” for destressing and enhancing creative thinking.
- Learn to co-exist with other people, other species...
- Fort-building prepares adolescents for independence and occurs in cultures around the world.
- “Place Attachment” = develop a loving association with the place(s) we care about as children.
- We evolved with nature and it is essential to our health!





Nature time is essential!



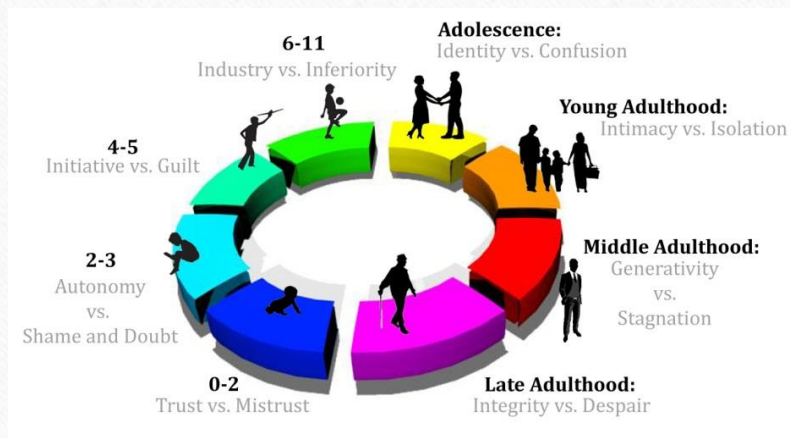
Group Activity

- Split up into three groups
- Each group will be assigned a developmental theory to examine and apply to outdoor programming
- Use the worksheet in Chapter 3 – Hand out 1 of your workbook and work together to answer the questions that fit the theory you were assigned.
- We'll gather back together in 10 minutes to share our answers

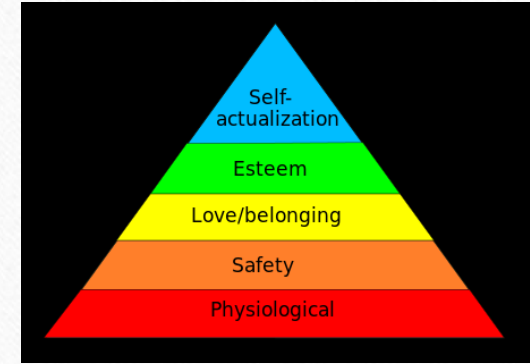


Ages & Stages of Development

- Children develop different physical and mental abilities at different stages. Not every child develops the same abilities at the same age.
- It's okay to separate children based on age in order to offer more appropriate activities and experiences.
- In groups with mixed ages, older youth can be assigned leader roles.
- Consider assigning one-on-one mentors for youth who need more help.



Maslow's Hierarchy of Needs



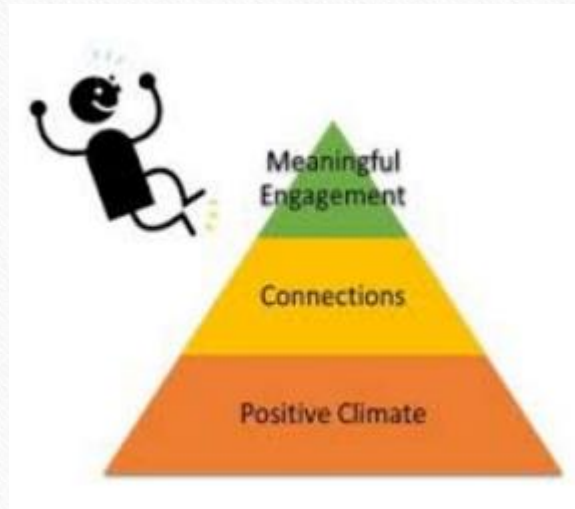
- Basic needs are critical and must be met before a child can focus on learning. (hunger, need to use bathroom, too hot/cold, tired, etc.).
- Find creative ways to explore the outdoor fears of participants and address those concerns so that youth feel safe during your program. (ie; journaling activity, verbal or written survey, games...)
- Recognize that children who act out may not be getting their basic needs met at home. These are the youth who perhaps need our attention the most.
- Recognize that each adult mentor has the opportunity to be a nurturing support for youth and we can help them develop in a positive way.



Basic Needs of Youth:

8 Keys of Quality Youth Development

- At the very least, programs must provide a safe, nurturing environment (ie; zero-tolerance for bullying).
- Youth will flourish and enjoy the program more if they are challenged and have opportunities to master new skills. Providing opportunities to build outdoor skills can be a great way to engage youth.





Nature Explore Re-Cap

Nature helps children learn and develop:

- Increases calm and ability to focus
- Allows children to release energy
- Helps develop large and fine motor skills, balance and agility
- Increases social and language skills
- Creativity and problem solving skills are enhanced
- Behavior problems decrease
- Increases interest in science learning by helping build meaningful connections to nature



Lessons Learned



- Remember to apply the basic principals of child development when planning youth programs.
- You can change a child's life by showing you care!



Resources

- *Nature Rx for Kids*, Rx Nature.
- *Understanding Ages of Youth*, University of Minnesota Extension Service 4-H Youth Development.
- *Abraham Maslow's Hierarchy of Needs*.
- *8 Basic Youth Needs*, University of Minnesota Extension Service, 2011.
- *8 Keys of Quality Youth Development*, University of Minnesota Extension Service, 1999.
- *Benefits of Connecting Children with Nature; Why Naturalize Outdoor Learning Environments*, NC State University College of Design, Natural Learning Initiative, 2012.



Recommended Viewing

- ***Children and Nature Network On-line Research Library***, 2017.
www.childrenandnature.org/oldlearn/research-resources/
- ***Youth Work Matters***, University of Minnesota Extension on-line training course.
www.extension.umn.edu/youth/training-events/youth-work-matters-online/
 - The Field of Youth Development (Modules 1 & 2)
 - How to Support Youth Needs (Modules 3 & 4)
 - Your Role as a Youth Worker (Module 5)



The End

