Parent Resource

Nature as Stress Relief for Kids

We are living in a time where stress can easily arise. With feelings of uncertainty, it is always good to take some time to destress and take into consideration the stress that may be passed along to your child(ren). Going outside into Nature (even just a walk around the neighborhood has good benefits for everyone.

EMOTIONS & SELF-AWARENESS SOCIAL SKILLS CHARACTER

Nature as Stress Relief for Kids

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