ENVIRONMENTAL ENGAGEMENT: INTO THE WOODS

EVALUATION
This health program was developed in partnership with the National Network of Libraries of Medicine (NNLM). Your feedback is encouraged. https://nnlm.gov/Zkj

AGES
Adults

PROGRAM DESCRIPTION
Little Red Riding Hood and Hansel and Gretel embrace the pleasures and dangers of nature. Use environmental engagement programs to encourage citizen science, teach about hiking safety, and/or explore nature’s meditative and health benefits. Below are some activity ideas to help you facilitate citizen science nature programming.

Citizen Science Story Walk
Name that leaf! If your library has a walking club, considering adding a citizen science twist. Citizen science is public participation in ongoing scientific research. iNaturalist is a citizen science organization with an app and website that allows individuals to record nature observations, share with fellow naturalists, and discuss their findings.

Hiking Safety: Do Not Eat That!
What is safe or dangerous to eat in nature? Mushrooms, berries, and bark, oh my! Consider partnering with hiking and nature enthusiasts, conservatories, and health parks departments. Check the NNLM members directory for potential partners. Expand this program to include “Little Red Riding Hood” and tick prevention and first aid.

Into the Woods: Forest Bathing
Are your patrons stressed? Screen addicted? Taken them outside! Forest bathing is a form of nature therapy that started in Japan in the 1980s. In essence, forest bathing is taking the time to connect with nature to improve health. Consider partnering with hiking and nature enthusiasts, conservatories, and health parks departments, and take your patrons on a walk in the park.
GAME/ACTIVITY | OUTSIDE PRESENTER OPTIONAL

MATERIALS
- Computers or tablets
- Handouts on NLM and local environmental resources
- Environmental citizen science toolkits

SPACE
Library programming space
Local park or trails

PERSONNEL
One to two staff members or volunteers

RESOURCES

Health Resources
NNLM: Summer health programming
https://nnlm.gov/initiatives/summer-reading

NNLM: Community Engagement Network
https://nnlm.gov/all-of-us

Tox Town: Exposure to toxic chemicals

MedlinePlus: Tick bites and prevention
https://medlineplus.gov/tickbites.html

KidsHealth: Camping safety

Citizen Science Resources
iNaturalist
https://www.inaturalist.org

NNLM: Citizen science
https://nnlm.gov/Zkn

CitizenScience.gov
https://www.citizenscience.gov

National Geographic: Citizen science projects
https://bit.ly/2XV1GxV

Zooniverse: Citizen science projects
https://www.zooniverse.org
GAME/ACTIVITY | OUTSIDE PRESENTER OPTIONAL

SciStarter: Research project ideas
https://scistarter.com

Forest Bathing and Nature Therapy
NPR: “Forest Bathing: A Retreat to Nature Can Boost Immunity and Mood”
https://n.pr/2CUaz16

Medium: “Into the Woods: The Psychological Significance of Forests in Fairy Tales”
https://bit.ly/2DJMbAM

NNLM: “Effects of Short Forest Bathing Program on Autonomic Nervous System Activity and Mood States in Middle-Aged and Elderly Individuals”
https://nnlm.gov/Zkh