



## The Top 20 Benefits of Participating in a Family Nature Club!<sup>1</sup>

### Learning opportunities:

1. Learning about places to go in nature
2. Learning about the natural world
3. Learning from leaders and/or other families (about ways to be in nature, ways to be with kids, etc.)

### Nature connections:

4. Spending more time in nature
5. Developing a greater sense of connection with nature
6. Increased environmental awareness and/or behavior

### Family connections:

7. Being more physically active as a family
8. Having quality time together as a family
9. Developing a greater sense of connection as a family

### Social connections:

10. Meeting new families / getting to know new people
11. Developing a sense of community (friendships with like-minded people, etc.)
12. Feeling a stronger overall sense of connection to the area we live in

### Meaningful experiences:

13. Had fun, memorable (interesting, exciting, adventurous, novel, etc.) experiences
14. Experienced a sense of accomplishment and/or expansion of comfort zone
15. My child(ren) has enjoyed free play / playing with other kids (had the opportunity for independence, imagination, creativity, exploration, etc.)

### Enhanced well-being:

16. Child(ren) having experiences that are positive for their behavior (problem solving, patience, sharing, independence, etc.)
17. Experiencing an enhanced sense of well-being (relaxation, joy, confidence, happiness, etc.)
18. Having experiences that foster a sense of connection to something bigger (spiritual, religious, etc.)

### Reduced barriers to getting out in nature:

19. Fewer barriers to getting out in nature (more prepared, experienced, comfortable, and/or leveraging the planning done by the FNC leader, etc.)
20. A greater commitment to spending time in nature (setting time in schedule, getting gear, such as play shoes, that make it more viable, etc.)



Columbia Families in Nature, 2015

<sup>1</sup> Data Source: D'Amore, C. (2015). *Family Nature Clubs: Creating the Conditions for Social and Environmental Connection and Care* (Doctoral dissertation). Retrieved from ProQuest Dissertations and Theses.