

GAME/ACTIVITY | OUTSIDE PRESENTER OPTIONAL

# 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.

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**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  
<https://toxtown.nlm.nih.gov>

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

KidsHealth: Camping safety  
<https://kidshealth.org/en/parents/woods.html>

**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>



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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://n.nlm.gov/Zkh>