

# Launching a 1000 Hours Outside Program at your Library





- What is 1000 Hours Outside?
- Benefits of Nature Connection
- Why you might consider a 1000 Hours Outside program at your library
- How to Get Started
- Resources and Ideas
- What we've learned
- Experiences and Testimonials

# Who is this for?

“1000 Hours Outside is a **global movement** designed for **any age** child (or adult) **and any environment**.

Nature holds tremendous power for each and every one of us at any age or stage.”

~ Ginny Yurich





*Picture your best  
childhood day*





“If we search  
our memories,

**the child we  
once were has a  
tremendous  
amount to  
teach us...**

...about spaces  
and places  
and what was  
magical.”

~Nancy Striniste, *Nature Play at Home*

# Fresh air and sunlight can:

- Boost your immune system
- Reduce your stress levels
- Sharpen your mind
- Improve your sleep
- Lift your spirits!







## Soil is an antidepressant

The smell of **mycobacterium vacii**, a microorganism found in soil, compost and leaf mold, lights up neurotransmitters that release **serotonin** (a mood-lifting hormone)





WALKING OUTSIDE IS KNOWN  
TO PROVIDE A HEALTHY COCKTAIL  
OF REDUCING STRESS,  
LOWERING BLOOD PRESSURE,  
DECREASING THE RISK OF  
CARDIOVASCULAR DISEASES,  
IMPROVING SLEEP,  
INCREASING INSULIN  
SENSITIVITY,  
AND BOOSTING  
THE IMMUNE SYSTEM.

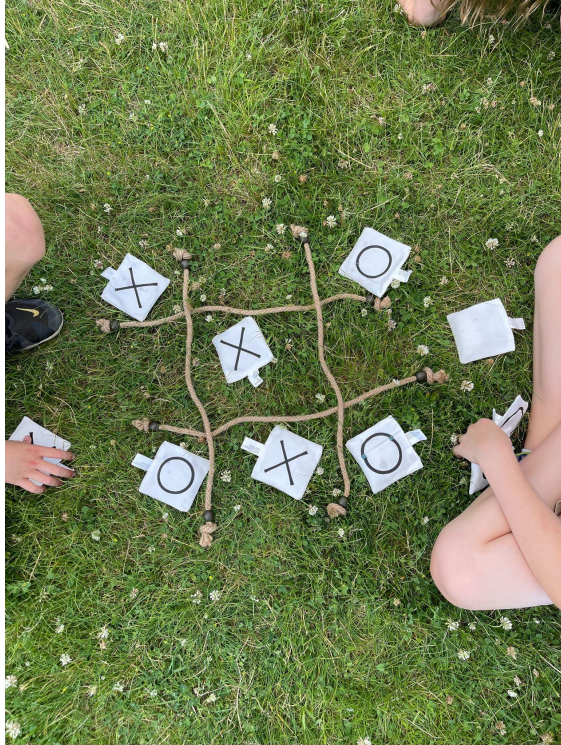
*Linda Akeson McGurk,*  
THE OPEN-AIR LIFE







# Anything you can do inside, you can do outside!

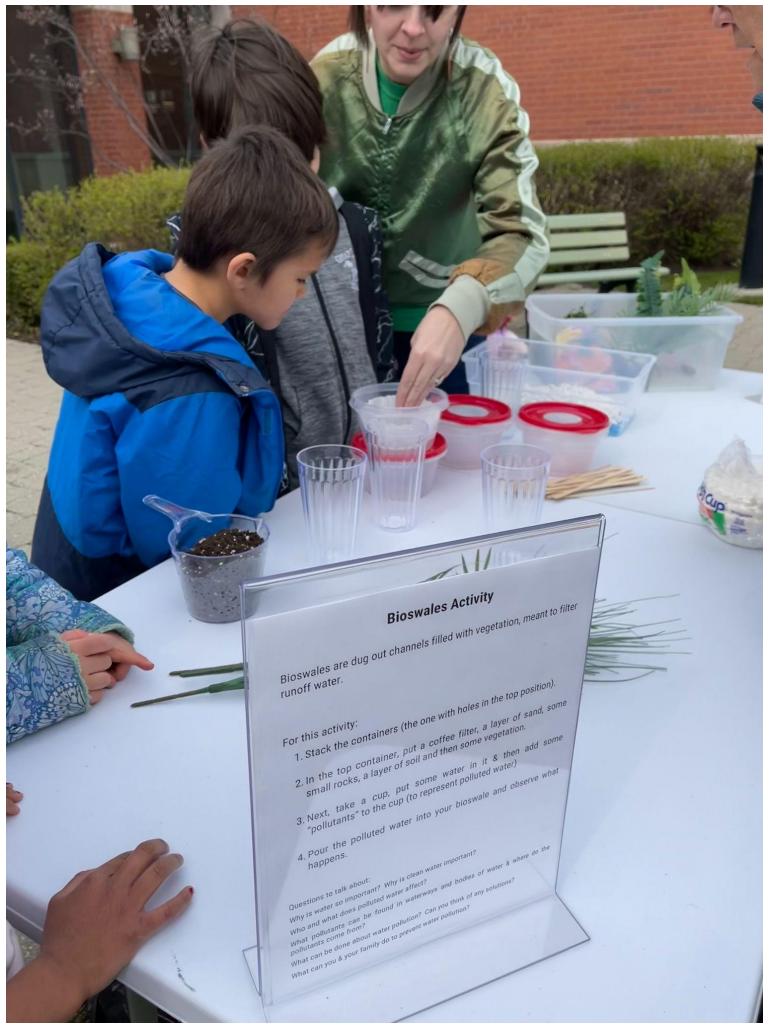


- Story times
- Yoga classes
- Book Club
- Crafts
- Games
- Bubbles
- Music
- Dance parties
- Book Displays
- Science Experiments















# Gardening outside in February? Yes, we did!










# Ready, Set, Launch!





GROSSE  
POINTE  
PUBLIC  
LIBRARY

## 1000 Hours Outside Open House


Stop by the Ewald Branch to learn about 1,000 Hours Outside and get started on your 1,000 hours! Make a nature journal, pick up a tracking sheet, have some hot chocolate and talk with Momcat Kelly and the librarians about fun ways to get outside!

**Wednesday, December 29th**  
**10am – 12 pm**

at the Ewald Branch  
outside

No registration necessary

Visit the library's website. [www.grossepointelibrary.org](http://www.grossepointelibrary.org)





# Use resources that you already have

We have tables and a field outside of our library  
and a neighborhood to walk around





# Ideas to get started and our go-tos!



- Neighborhood Walks
- Seasonal Celebrations
- Scavenger Hunts
- Sidewalk Chalk
- Magnifying Glasses
- Hot Cocoa for Winter
- Popsicles in Summer
- Have a Shade Tent





# We set out plastic tables, book carts and supplies

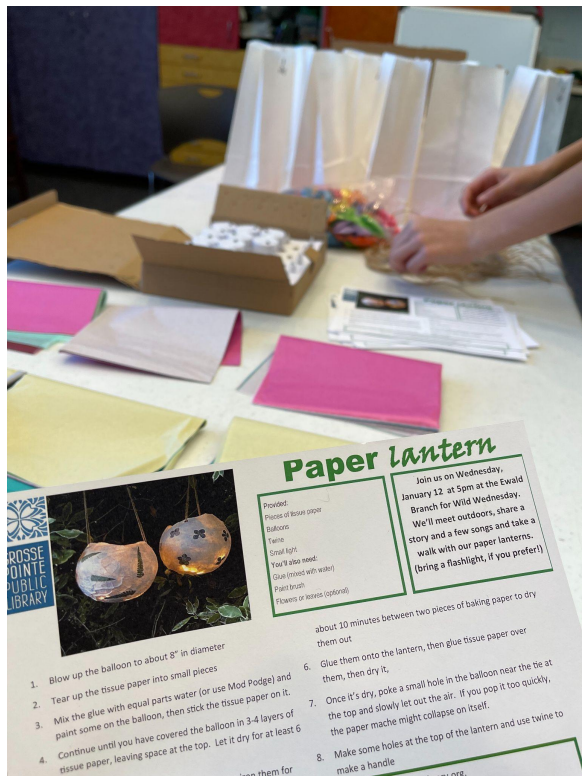


- Book Cart Display
- Make Bookmarks
- Make Nature-Confetti
- Play Music
- Rocks as Weights
- Brochures/Handouts
- Hands on Stuff to Investigate

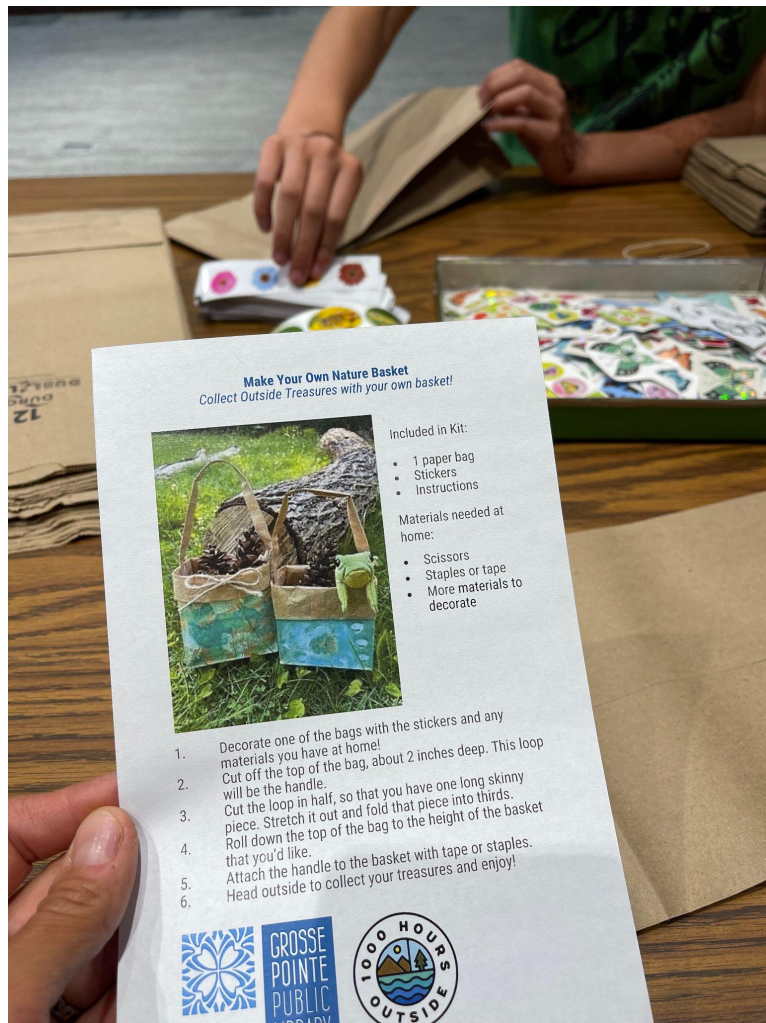


# To-Go Kits

- Lantern for Walk
- Bird Feeder
- Recycled Paper Kite
- Grow a Bean in a Bag
- Nature Basket
- Butterfly Glider
- Nature Weaving
- Origami

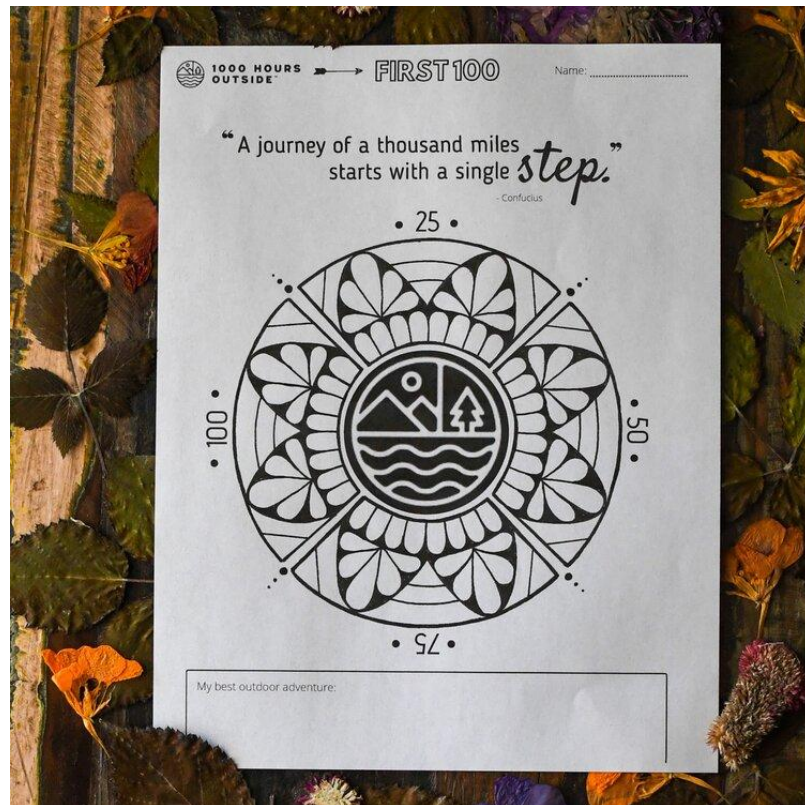






# Ready-made Resources

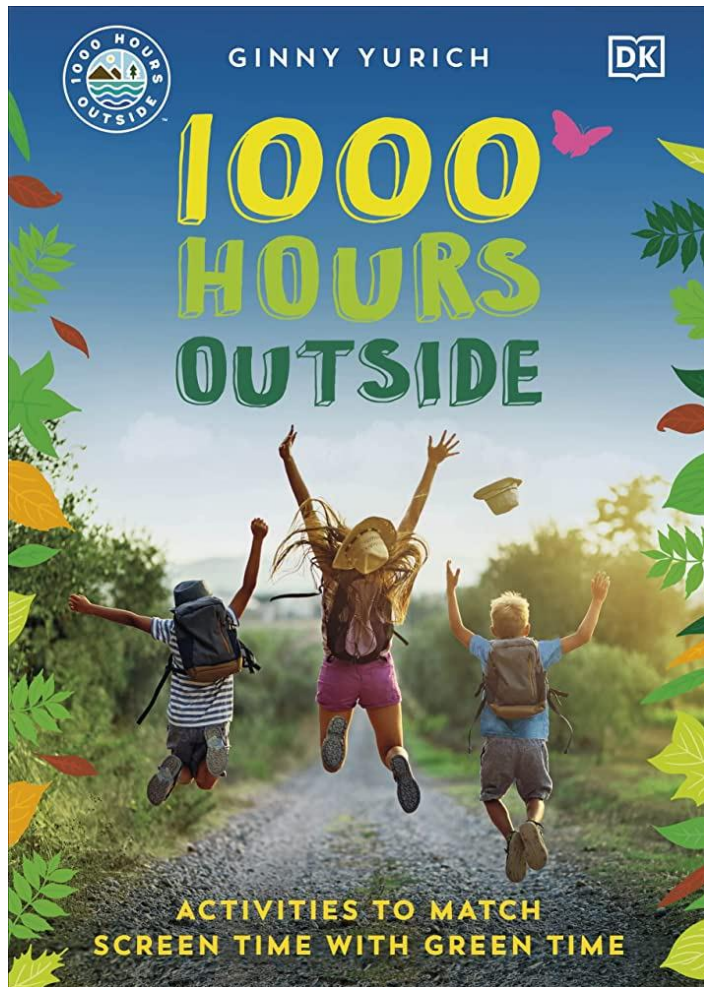
- Tracker Sheets
- Adventure Prompts
- Picture Book Lists
- Outdoor Advent Calendar
- 1000 Hours Outside Podcast
- 2023 Book Club (1000 Hours)
- Ten Year Anniversary Trackers
- 1000 Miles Moved, 1000 Chapters Read, 1000 Analog Hours













# Nature Connections



# What We've Noticed

- Getting outside feels healthy and refreshing...because it is!
  - Veterans report lower PTSD symptoms
  - Studies have shown it can help lengthen children's attention spans
- Provides a sense of peace for grownups and opportunity for play for children
- Outdoors, kids guide themselves and can be wild!
- We notice that we notice more
  - Changes of light, the moon, change in seasons, etc.





# Community Connections



**“Intergenerational programs** are a great way to revitalize segments of your community that may experience loneliness and isolation, such as the elderly or teens, and also a wonderful way to share skills across multiple generations.

Until the last century it was much more common (and still is in many cultures) for multiple generations of family members to live together under one roof. Now with families spread far apart, children don’t always get the benefit of frequent visits from grandparents, and grandparents don’t always get a younger generation to enjoy and mentor.”

- Jenn Carson Director of LP Fisher PL,  
Woodstock, N.B. Canada







# Library Benefits







# Community Partners

- Local Parks
- Nature Centers
- Educators
- Organizations
- Library Groups
- Community Groups



# Citizen Science at Your Library

**[scistarter.org/library](https://scistarter.org/library)**

- Training for Staff
- Kit Building Guides
- Display Ideas
- Resources









AMBASSADOR BUTTERFLIES DELIVERED  
HERE:

Fultons Family, Green Bay, Wisconsin

Grosse Pointe Public Library, Grosse Pointe  
Park, Michigan

## Symbolic Migration Project: Journey North





# Our Successful Programs



# 2021-2022 1000 Hours Events totals & details

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>How Many</u>	<u>Reg or No?</u>	<u>Event Name</u>
Dec 29 2021	Wed	10-12	50	drop in	Open House
Jan 12 2022	Wed	5-6	45	reg.	Lantern Walk
Feb 16	Wed	5-6	36	reg.	Walk Bird Calls
Mar 20	Sun	3-4	35	reg.	Signs of Spring Walk
Apr 20	Wed	4:30-5:30	25	drop in	Bioswales/flower art
Apr 27	Wed	5-6	10	reg	Walk, signs of spring
May18	Wed	5-6	11	reg	Bees/walk
June 22	Wed	3-4	20	drop in	outdoor games
June 29	Wed	10:30-11:30	50	reg	Mud Faces
July 27	Wed	5-6	35	reg.	Walk/moths
Aug 10	Wed	10:30-11:30	85	drop in	Bubbles/bubble art
Aug 24	Wed	10:30	75	reg.	Butterflies
Sept 21	Wed	5-6	10	reg.	Welcome fall
Sept 28	Wed	5-6	12	reg.	Family Yoga
Oct was canceled	☹️				Bat Walk
Nov 16	Wed	5-6	10	reg.	Gratitude Walk
Dec 21	Wed	5-6	45	reg.	Year End Celebration
					Lantern Walk
					Solstice spirals

554 Total for year



## Testimonials

“The 1000 hours outside program **has been a great transition** for our young elementary age family who is aging out of storytime, but is not ready for book clubs or older kid library activities.”

“Full confession, at a certain point, I lost count of the hours...and that's ok!

*To me, the journey was its own reward.*

One of the miraculous things about this adventure is that consciously spending so much time in nature **made me fall in love with Winter** for the first time in MY LIFE!”





## Testimonials

**“We really enjoy the walks!** Sadly we've missed the last couple due to illness (thank you school germs) and prior commitments, but the walks we've been able to attend have been informative and fun. **My five-year-old especially likes walking at night as he feels like he's getting away with something.**”

**“In an effort to log more hours** we committed to walking the 3/4 mile to school every day, no matter the weather. I was initially unsure we'd be able to brave the sideways rain or snow or frigid temperatures, but so far we've walked every day. Honestly, **the days with puddles and falling snow have been the more magical journeys to school!**”

## WHAT IF I FAIL?

Then you win.

Every single outdoor experience you provide for yourself and for your children has benefits. With each hour, you are allowing time for your family to flourish in deep and untold ways.

When you are intentional about nature time you fill your life with grand, simple moments that provide lifelong advantages and lifelong memories. Join in any time!





# Keep in touch!

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[www.1000hoursoutside.com](http://www.1000hoursoutside.com)



# Partnership Opportunities



- 4-H
- County Extension offices
- Local gardening groups
- Girl Scouts
- Universities— biology, sustainability, physics depts.
- Museums & Discovery Centers
- Dams & Hatcheries
- State Parks
- National Parks
- National Forest Service