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 Aheson 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
Bioswales Activity

Bioswales are dug out channels filled with vegetation roots to filter runoff water.

For this activity:
1. Stack the containers (the one with holes extra is prepared).
2. In the big container, put in white rice, 2 types of seeds, some small rocks, a type of soil, and fine sand (prepared container).
3. Next, take a clear plastic container and take it down to get the prepared container and include as many seeds as possible.
4. Drop the prepared mixture into the bioswales and closed each container.

Instructions in front:
- Replace the soil as often as necessary.
- Replace the plastic container as often as necessary.
- This is a simple container.
Gardening outside in February? Yes, we did!
Ready, Set, Launch!

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
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
Make Your Own Nature Basket
Collect Outside Treasures with your own basket!

Included in Kit:
- 1 paper bag
- Stickers
- Instructions

Materials needed at home:
- Scissors
- Staples or tape
- More materials to decorate

1. Decorate one of the bags with the stickers and any materials you have at home.
2. Cut off the top of the bag, about 2 inches deep. This loop will be the handle.
3. Cut the loop in half, so that you have one long skinny piece. Stretch it out and fold that piece into thirds.
4. Stall down the top of the bag to the height of the basket that you'd like.
5. Attach the handle to the basket with tape or staples.
6. Head outside to collect your treasures and enjoy!
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
1000 Hours Outside

Activities to Match Screen Time with Green Time

GINNY YURICH

DK
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
Community Partners

- Local Parks
- Nature Centers
- Educators
- Organizations
- Library Groups
- Community Groups
Citizen Science at Your Library

scistarter.org/library

- Training for Staff
- Kit Building Guides
- Display Ideas
- Resources
SEND A MONARCH TO MEXICO
Symbolic Migration Project: Journey North

AMBASSADOR BUTTERFLIES DELIVERED HERE:

Fultons Family, Green Bay, Wisconsin

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

Annie Spence, Outreach Librarian
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Melissa Rizer, Youth Librarian
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Kelly Konieczki, Outdoor Educator
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@momcatkelly on Instagram

Ginny Yurich, Founder 1000 Hours Outside
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