

# surroundings

Here are ideas and curated resources for further exploration of the “Surroundings” theme.

These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Surroundings” series include: to explore our world through spaces that have special meaning to us, and to reflect upon and explain that meaning, gaining emotional literacy; to connect a concrete and tangible place to a concept or idea or feeling, and to examine how we feel in context; to integrate social emotional learning through recognizing and identifying our own thoughts and feelings, and how environment can impact self-awareness and self-management.

## prompts for further exploration

- What kind of meanings can a physical place have for us?
- How are the places we go in our world connected to things we do? To how we feel? To people we care about? To our cultures?
- How does spending more time outside, in nature, affect our physical, mental and emotional health?
- How does climate change affect our health?
- What are the benefits of learning outside?



# Resources for Further Exploration

learn more

## WholeHealthED

Compilation of best practice resources for whole health education

learn more

## Children and Nature Network

Resources for families and educators about the power of connecting kids and nature, including interactive guides and infographics.

learn more

## Green Schoolyards

Compilation of resources for outdoor education programs.

learn more

## American Museum of Natural History

Biodiversity site with numerous interactive games, stories and videos.

learn more

## Google National Parks Experience

Amazing immersive online exploration of the hidden world of National Parks with National Park Service Rangers and Google Earth.

learn more

## National Marine Sanctuaries

Immersive 360 degree views to explore special spaces under the sea.

learn more

## PBS Ecosense Series

Gets kids thinking about connecting with nature and the interaction between us and our planet. A variety of episodes to choose from to provoke thought, conversations, and further exploration.

learn more

## Nature Games PBS Kids

Fun for younger kids, exploring and recording nature outdoors. Inspired by PBS Nature Cats series, with interactive outdoor adventures and games, all around nature.



Whole Health Institute

© 2020 Whole Health Institute and Chopra Library

# Resources for Further Exploration

[learn more](#)

## National Wildlife Federation

"Ranger Rick" games, puzzles and activities

[learn more](#)

## Fridays for Future

Inspired by Greta Thunberg's environmental activism and social-connection driven, this site promotes activism and education regarding our environment and how we feel about it, collectively.

[learn more](#)

## National Association of the Educators of Young Children (NAEYC)

Nature and animal-based mindfulness activities for kids of all ages to help create a special and natural space anywhere, through the power of mind and breath.

