



# Spring Lunch N' Learn Series:

## Strategies For Raising Kids With A Growth Mindset

### Get Your Kids OUTSIDE!

In nature, kids are able to develop their brains through imaginative, creative, innovative, whole-body experiences that use all of their senses. Research has linked consistent time in nature, to higher cognitive functioning in children. In nature our children are FREE to GROW (especially their brains)!

### WHY DO KIDS NEED TO KNOW?

Kids who have the FREEDOM to learn and create in nature are more likely to try new things and persevere during difficult times. They are also more likely to turn to their imaginations and create activities for themselves in times where external stimulation is low.

### WHAT CAN YOU DO?

- GET OUTSIDE IN NATURE!
- Encourage your child to spend consistent time outdoors EVERY DAY
- Spend time with and without your child in nature
- Encourage your child to create activities that use ALL of their senses in nature - encourage your child to be mindful of what they see, hear, smell, feel and touch



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