

Αυτό το Σαββατοκύριακο

Παι Ζω στο σχολείο μου!



Έναρξη: Σάββατο 30/09 & ώρα 16:00

Λήξη: Κυριακή 01/10 & ώρα 10:00

Μαζί μου να έχω:

- Υπνόσακο, υπόστρωμα (carimat)
- Μια αλλαξιά ρούχα, μια αλλαξιά εσώρουχα
- Οδοντόβουρτσα/οδοντόκρεμα/πετσέτα προσώπου
- Πιρούνι/κουτάλι/μαχαίρι/πίατο/ποτήρι
- Φακό
- Φρούτα εποχής (σταφύλι, μήλο...) & Ξηροί καρποί για απογευματινό
- Τορτίγια ή σάντουιτς με κοτόπουλο για βραδινό
- Μπάρες, μουστοκούλουρα για πρωινό



NOTICE

NO CELL PHONES, TABLETS, MP3 PLAYERS OR OTHER PORTABLE ELECTRONIC DEVICES OF ANY KIND ALLOWED IN THIS CLASSROOM

5 Tips For Getting Kids to Unplug & Go Outside!

Be an Outdoor Role Model



Let children see you get your hands dirty! Let them see you playing outside, moving your body, and engaging with nature. Demonstrate to young people that you value the natural world over the virtual one.

Prescribe a Daily Dose of Nature

"Do" is more powerful than "don't"! Many families have rules that put limits on screen time. Try making a rule that sets a minimum for green time. Help your kids get a dose of "Vitamin N" everyday.



Use Technology as a Tool



Technology does not have to be the enemy. Rather, it can empower kids to connect more deeply to the natural world. Try this: when you return from exploring nature, use technology to identify plants or animals! The screen is not the source of the fun but instead boosts a child's sense of wonder!

Start a Vintage Social Network



The original social networks did not exist on a screen. Instead, they were found in parks, playgrounds, vacant lots, fields, and forests. Bring friendship and social life back into the natural world by starting a family nature club!

Give Permission to Play

A child's world is dominated by rules. That is one reason the virtual world is so appealing...a world where you can do anything. Tell kids they are allowed to get dirty, climb, run, and touch. Nature should be a "hands on" experience.



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Ready to learn more?



Visit naturekidsinstitute.org/
See you outside!

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