



# FOREST KIDS

## PINECONES + SAPLINGS

ABOUT OUR PINECONE + SAPLING PROGRAMS | AGES 4 - 7

### A WEEKLY RESET IN NATURE

In today's fast-paced, structured world, children rarely get the chance to slow down. Spending one full day each week outdoors gives children the opportunity to reset, breathe, and reconnect—with themselves and the natural world. This time away from desks and screens helps reduce stress, improve mood, and supports overall emotional well-being. When children return to their regular routines, they are often more focused, calm, and ready to learn.

### BUILDING STRONGER, HEALTHIER KIDS

Regular outdoor play strengthens more than just the body—it supports the whole child. Climbing, balancing, exploring, and moving freely in nature builds coordination, confidence, and resilience. Fresh air, natural light, and active play contribute to stronger immune systems, better sleep, and improved mental health. Just one day a week outside can make a powerful difference in a child's overall development.

### ENHANCING ACADEMIC LEARNING

All of our programs are taught by a certified teacher with 10+ years teaching experience. Outdoor environments provide rich, hands-on opportunities to reinforce core subjects like science, math, language, and critical thinking in meaningful, real-world contexts. Measuring sticks, tracking seasonal changes, observing wildlife, and journaling discoveries all support curriculum connections, while deepening understanding.

Research shows that time spent outdoors improves attention, memory retention, and engagement—key foundations for academic success. By stepping outside the classroom, children are able to apply concepts in tangible ways, strengthening both comprehension and curiosity.



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