

FAMILIES AND LITERACY COMMITTEE QUARTERLY NEWSLETTER

-March 2023-

A MESSAGE FROM THE COMMITTEE

Spending time outside has many benefits. As we enter into the season of spring, take time away from electronics. When you get outdoors, some advantages include:

- fresh air clears your mind
- it provides exercise for your body
- your brain and body need it!

WHAT CAN YOU DO AT HOME?

Literacy within Nature

Spend time outside in nature to rejuvenate your bodies, try one of the following ideas:

- Create an idea notebook to log writing ideas from spending time in nature
- Walk, Think, Write
- Find Little Free Libraries in your area and create a map of where they are located
- Spring cleaning- donate books to a Little Free Library you can find
- Take a new route or walk a familiar route in the opposite direction to notice new things as inspiration for your own story

Find a Story Walk

Story walks are an educational activity that places the pages of a book along a walking path to combine the joy of reading with being active outdoors. You can search on the internet for a StoryWalk in your area. Discover a story as it unfolds page by page.

Created by Families and Literacy: Committee of the Wisconsin State Reading Association
www.wsra.org



BOOK SPOTLIGHT



Outside In

by Deborah Underwood

Outside is waiting! This book helps us to make the connection and see that humans and nature are one, we're meant to be together. With the need to stay inside because of the pandemic, author Deborah Underwood uses this book to help remind us of our connections with nature.

Run Wild

by David Covell

Run Wild is a powerful and kid-friendly book that helps us remember how great life can be beyond doors and technology. In this story, the characters celebrate the freedom of the outdoors and find ways to pay attention and be in the present moment.