**Nature’s Healing Path: Connecting to the Outdoors for the Health and Well-being of School Nurses and Schools**

Resources

***Websites***

**Alberta Parks, Inclusion Plan:** https://albertaparks.ca/albertaparksca/visit-our-parks/inclusion-accessibility/

**Children and Nature Network** https://www.childrenandnature.org/ A leading a global

movement to increase equitable access to nature so that children– and natural places–can thrive.​

**Childhood by Nature**: https://childhoodbynature.com/aboutthissite/

**Farmer’s Almanac**. <https://www.almanac.com/gardening/frostdates>

**Nurses Climate Challenge.** [www.nursesclimatechallenge.org](http://www.nursesclimatechallenge.org/)

**Park Px** <https://www.parkrx.org/> ParkRx began as the home for the National ParkRx

Initiative and has grown into the leading information hub for Park Prescriptions, creating a space for knowledge sharing in the practitioner community. Led by the Institute at the Golden Gate, ParkRx.org builds on the Park Prescription movement and provides a platform to share best practices, toolkits, and case studies (Including how to integrate into your school).

**SHIFT** <https://shiftjh.org> SHIFT (**S**haping**H**ow we **I**nvest**F**or**T**omorrow) is dedicated to

the advancement of nature as a social determinant of health.

**USDA Plant Hardiness Zones** <https://planthardiness.ars.usda.gov/PHZMWeb/>

***Climate Change Resources***

[Alliance of Nurses for Healthy Environments](https://envirn.org/about/)

[Health Care Without Harm](https://noharm-uscanada.org/content/us-canada/mission-and-goals)

[Practice Greenhealth](https://practicegreenhealth.org/)

[Global Green & Healthy Hospitals](https://www.greenhospitals.net/)

[Medical Society Consortium on Climate & Health](https://medsocietiesforclimatehealth.org/)

[Global Consortium on Climate & Health Education](https://www.publichealth.columbia.edu/research/global-consortium-climate-and-health-education/about)

[Centers for Disease Control](https://www.cdc.gov/climateandhealth/effects/default.htm)

[American Public Health Association](https://www.apha.org/topics-and-issues/climate-change)

[World Health Organization](http://www.who.int/mediacentre/factsheets/fs266/en/)

[The 2019 Report of the Lancet Countdown](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)32596-6/fulltext)

[Intergovernmental Panel on Climate Change](https://www.ipcc.ch/sr15/)

[Health Care Climate Council Climate Action Playbook](https://climatecouncil.noharm.org/)

[Project Drawdown](https://drawdown.org/)

[Nurses Drawdown](https://www.nursesdrawdown.org/)

***Audio and Video Recordings***

"Calming Canadian Forest" a long play (6 hour) nature soundscape for online listening.

<https://youtu.be/7MVQM5RoaL0>

Good Grief (CTV feature report): <https://calgary.ctvnews.ca/guided-walks-help-grieving-families-cope-with-loss-1.3468967>

Peace in the Parks (short documentary): https://youtu.be/dkLSrzhwNzk

Sounds of the Forest. <https://timberfestival.org.uk/soundsoftheforest-soundmap/>

"Stillness" by Montana Cellist. A gentle cello soundtrack with nature sounds (3 hours for

relaxation or background for calm work) - <https://youtu.be/4Xk-IXLcaSU>

***Literature and Poetry***

*On Looking: A Walker's Guide to the Art of Observation* by Alexandra Horowitz

*Poem* By Maria Sabina, Mexican curandera (medicine woman) and poet -

*“Cure yourself with the light of the sun and the rays of the moon. With the sound of the river and the waterfall.  
With the swaying of the sea and the fluttering of birds.  
Heal yourself with mint, with neem and eucalyptus.*

*Sweeten yourself with lavender, rosemary, and chamomile.  
Hug yourself with the cocoa bean and a touch of cinnamon.  
Put love in tea instead of sugar, and take it looking at the stars.  
Heal yourself with the kisses that the wind gives you and the hugs of the rain.  
Get strong with bare feet on the ground and with everything that is born from it.  
Get smarter every day by listening to your intuition, looking at the world with the eye of your forehead.*

*Jump, dance, sing, so that you live happier.  
Heal yourself, with beautiful love, and always remember...you are the medicine."*

***Children’s Books About Nature and Climate Change***

*A Walk in the Forest* by Maria Dek. Ages 3-6

*Because of an Acorn* by Lola M. Schaefers. Ages 5-6

*Earth Heroes* by Lily Dyu and Amy Blackwell. Ages 8 and up

*Flowers Are Calling* by Rita Gray. Ages 4-7

*The Road Home* by Katie Cotton. Ages 5-7

*A River* by Marc Martin. Ages 5-8

*Finding Wild* by Megan Wagner Lloyd. Ages 3-7

*Fun With Nature* by Mel Boring. Ages 7-10

*I Took a Walk*– Lift the flap by Henry Cole Ages 5 -10

*Kristin’s Wilderness: A Braided Trail* by Garrett Conover, Tanya Thompson & Rod MacIver, Ages 10 and up.

*My First Book About Backyard Nature* by Patricia J. Wynne. Ages 8-11

*Our House Is on Fire:* Greta Thunberg's Call to Save the Planet by Jeanette Winter. Ages 3-6.

*Run Wild* by David Covell. Ages 5-7.

*The Hike:* Picture Book by Alison Farrell. Ages 4-7

*The Not-So Great Outdoors* by Madeline Kloepper Ages 5-8

*You're Missing It!* by Brady Smith and Tiffani Thiessen. Ages 3-6