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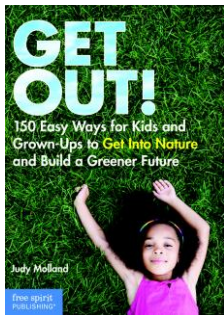
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GET OUT!

150 EASY WAYS FOR KIDS AND GROWN-UPS TO GET INTO NATURE AND BUILD A GREENER FUTURE

by Judy Molland

“This is a great book for getting families outside, having fun—immediately. Just reading a few of the quick, joyful suggestions makes you want to run out and collect rocks, build a birdhouse, and just appreciate the fact the planet is still doing its thing.”—Lenore Skenazy, author, *Free Range Kids: Giving Our Children the Freedom We Had Without Going Nuts with Worry*

Get Out! in Nature and Go Green: New Book Helps Parents, Teachers and Kids Learn How

For Immediate Release!

“Get Out! is full of fun activities to inspire a love of nature along with a desire to protect it.”—Richard Louv, author of *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*

“Everyone from the novice to the more environmentally aware parent or teacher will find new ideas to use right away.”—Peggy Hock, Ph.D., author of the Our Earth series including: *Helping Out, Making Less Trash, Keeping It Clean*

Minneapolis, MN—Do you remember playing outside? When the kids of today are the grown-ups of tomorrow, they might not have memories of playing in a creek, climbing trees, or catching fireflies. Recent studies have revealed that children between the ages of 8 and 18 spend an average of 6.5 hours a day staring at electronic screens. It's time to help them become more involved with the natural world. **GET OUT! 150 EASY WAYS FOR KIDS AND GROWN-UPS TO GET INTO NATURE AND BUILD A GREENER FUTURE**, by Judy Molland (\$10.99, Free Spirit Publishing), is filled with fun and simple tips for parents, grandparents, teachers, and caregivers to help kids connect with nature and live more eco-friendly lives.

A relationship with nature is crucial for children. It can help keep them in better shape and aid in the fight against obesity. Studies have shown that being exposed to nature can improve memory, concentration, and grades. Nature reduces stress and eases tensions. And living a greener lifestyle excites children and encourages them in their role as future keepers of the environment.

Judy Molland, an award-winning teacher and writer, has organized the book's 150 engaging and easy to implement activities, projects, games, and tips into targeted sections on outdoor activities, projects, green living, the 3 Rs (reducing, reusing, recycling), and advocacy. Many of the activities Molland recommends include links to Web sites and organizations where readers will find additional instructions and resources. For example, a tip on building a bat house directs the reader to a woodworking site that offers free plans. **GET OUT!** also includes an extensive list of green and earth-friendly books, organizations, and Web sites that make connecting with nature easy and enjoyable for the individual reader, as well as for educators, youth leaders, and others.

GET OUT! shows readers how to:

- Get Started: Cool Ways to Embrace Nature Today
- Go Further: Projects, Plans, and Outings
- Get Smart: Be Green Consumers—and Eaters
- Get Active: More than Just the Three Rs
- Get Involved: Take a Green Stand

With **GET OUT!**, green living is fun and easy.

GET OUT!
**150 EASY WAYS FOR KIDS AND GROWN-UPS TO GET INTO NATURE AND
BUILD A GREENER FUTURE**

ISBN 978-1-57542-335-7 ● \$10.99 ● Softcover ● 128 pp.
● 2-color, photos ● 5 1/8" x 7" ● for parents, teachers, and youth leaders

About the Author



Judy Molland is an award-winning teacher and writer. She is the author of **STRAIGHT TALK ABOUT SCHOOLS TODAY** (Free Spirit Publishing, 2007) and is contributing education editor for Dominion Parenting Media (formerly United Parenting Publications), the largest syndicate of parenting magazines in the United States. Her articles have appeared in numerous publications, including *Parents*, *Instructor*, *New York Newsday*, and the Web site *Parenthood.com*. She has won a Fellowship from the National Endowment for the Humanities, a Certificate of Appreciation from the California Department of Education, and a Gold Award for Editorial Excellence from Parenting Publications of America.

An avid hiker, backpacker, skier, and rock climber, Judy is a high school Spanish teacher and a leader with her local chapter of the Sierra Club.



About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social & emotional needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social and emotional health. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.