

*Playing outdoors helps children grow strong and healthy. And, there are other ways...*

## Your child will gain

**Creativity** - Playing outdoors challenges children to interact with their environment and use their imagination. Learning creativity now sets the trend for the rest of their lives.

**Confidence**- Children discover their abilities and limits by exploring and experimenting with the outdoors. The earlier they know themselves, the more confidently they can interact with others.

**Connection**- To other playmates. To the community. To the environment. Strengthening these bonds now will give your child a sense of place for life.

***“By letting our children lead us to their own special places we can rediscover the joy and wonder of nature.”***

-Richard Louv,  
*Last Child in the Woods*

*Greater health is one benefit of spending time outdoors, but...*

## That's just the start

### Develop the five senses

A fertile mix of sight, sound, smell, touch, and taste provides the balance needed for healthy development. The richer the environment, the greater the growth.

### Calm down

Early studies show that nature has a positive impact on children with ADHD and other stress-related difficulties.

### Inspire environmentalism

Instilling a sense of awe and wonder for nature in today's children nurtures tomorrow's guardians of the environment.



*Sounds too good to be true? Let's talk about some common...*

## Myths and Barriers

**“I don't have the time, money, or energy to play outdoors with my child.”**

Outdoor play doesn't have to cost a lot. You can tailor the activity to fit your needs. With more nature in your family life, you'll enjoy stress reduction, greater physical health, a deeper sense of spirit, more creativity, and a renewed sense of play.

**“I wouldn't know what to do outside.”**

We're happy to offer information, ideas and resources to get you going.

**“I have to keep my child busy with activities.”**

Too much structure smothers creativity, spontaneity and self-direction. How many of your unforgettable memories were planned?

**“If it's not plugged in, my child won't be interested.”**

Maybe your child hasn't had the chance to explore the possibilities away from video games and the Internet. We're sure that imagination and natural curiosity will quickly replace uncertainty and complaints.

## Passionate and professional staff will show you how

Our goal is to help families enjoy the outdoors on their own by: first, gaining the skills, confidence and familiarity with the outdoors in structured activities. Then, when you're ready to get out alone, provide the resources to support your lifelong connection with Nature. Get started by trying one of the following offered by the City of Eugene Recreation Program:

- **Kayaking**
- **Rock climbing**
- **Sailing**
- **Skiing**
- **Snowshoeing**
- **Geocaching**
- **Tree climbing**
- **River rafting**
- **Surfing**
- **Skateboarding**
- **Bike riding**
- **Snowboarding**
- **Canoeing**
- **Nature educations**

**Spencer Butte Challenge Course:**  
High ropes fun, grounded lessons

**Urban Outdoor Adventures:**  
Getting all ages out of doors; not out of town

Discover more outdoor recreation activities at your nearest City of Eugene Community Center, or pick up a seasonal Recreation Guide, or visit the website at:

[www.eugene-or.gov/rec](http://www.eugene-or.gov/rec)

*All activities are structured to foster qualities that will help your child grow. They are Project Full Moon Rising's*

## 10 competencies

1. **Outdoor Skill Building**– nurturing self-confidence in nature
2. **Environmental Education**– encouraging an understanding of our connection to the Earth
3. **Health & Wellness**– highlighting the health benefits of outdoor activity
4. **Environmental Stewardship**– empowering preservation of nature
5. **Sustainable Living**– teaching the balance of environment, economy, and community.
6. **Personal Growth**– facilitating self-awareness through nature competence.
7. **Social Connection**– nurturing the value of a shared outdoor experience.
8. **Barriers & Myths**– dispelling common hesitations to engage in nature.
9. **Outdoor Resources**– assisting autonomous exploration of nature.
10. **Fun Factor**– encouraging lifelong enjoyment of the outdoors.

CITY OF EUGENE  
**recreation**  
SERVICES



# Project Full Moon Rising

*Empowering children to lead a reconnection to Nature*

City of Eugene Recreation Services  
Youth and Family Service's Outdoor Program  
River House Community Center  
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