



development. As psychologist Dr. Reggie McNeal writes in her article *Why We're Losing the Scientific Perspective* (available at <http://thomsonlearning.com/2010/10/10/discovering-why-we-are-losing-the-scientific-perspective>):

*Nature is one critical antidote to the increasing stress and anxiety that is being dropped on us in the educational system today. Lack of exposure to nature causes such a detrimental state to the brain and is so pervasive today we*

As parents, we know that we do whatever it takes to try to eliminate the stresses in our children's lives. Given the above suggestion, one of the best ways to do this is to get outside. Wherever you live, you and the children in your life can experience the rewards of time outdoors. It is all at our front door. All we have to do is open it, take a step outside, and unwrap the gift of the outdoors.