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Hello,

Tonight I'd like to say a few words about Nature Deficit Disorder as it pertains to park development in lake Forest Park and to the acquisition of 5 Acre Woods.

Nature Deficit Disorder is a term coined by Richard Louv in 2011 to describe the disconnect between children and society and the natural world.

Recommended Resources:

1. **Books:** Last Child In the Woods by Richard Louv
Vitamin N: the Essential Guide to a Nature Rich Life
Balanced and Barefoot: How Unrestricted Play Makes for Strong, Confident and Capable Children by Angela Hanscome

Youtube:

1. Nature Deficit Disorder Presentation ,by Pearly (7 minutes)
2. Nature Deficit Disorder, by Quinn Dalgarno,(8:50 minutes)

A. The concerns:

1. Kids ages 8 to 18 now spend about 9 hours per day on electronics.

-why would kids want to go outside if they can watch on TV, computers, phones.

With this,- Nature itself fades away as a reality and becomes something abstract, not real

Instead, Kids and parents are flooded with post apocalyptic images of the world.

-Parents are increasingly fearful of allowing children to explore outside.

-Webster's Dictionary has actually eliminated many words that describe nature in favor of words that describe technology. This means we are losing fundamental vocabulary that connects us with the natural world.

Other concerns include:

2. Childhood obesity
3. Depression
4. Lack of respect and empathy for others and nature.

Even if kids are on a sports team they are missing out

-Without natural areas to explore, they lose :

2. a sense of wonder,
3. curiosity and
4. discovery through self guided exploration.

B. SO WHAT'S SO great about free range exploration of nature:

Studies show kids gain:

- 1.a greater interest in science, social connections, the arts and Math
2. closer social relationships with friends and families (families that share time in nature have been found to have closer bonds with each other
3. a greater sense of inner calm and knowledge of how to simply be calm.
- 4 a decrease in symptoms of Attention Deficit Hyperactivity Disorder:
 1. increased attention span, improved frustration management and general problem solving capabilities
 4. A more hopeful outlook on the world
 5. Increased self-esteem gained from personal exploration and discovery,
 6. An I-CAN approach to the world
 - 7.

Another great thing about giving kids access to natural areas is that we then encourage future stewards for our earth.

While we typically think of parks as soccer and baseball fields. Please recognize the value of natural woods on our Lake Forest Park, park plans. The term passive park is a mis-nomer. There's really a lot going on.

One thing I really like about having open natural areas for kids to explore is that no one judges your athletic skills and no one gets cut from the team.

I am a huge supporter of purchasing 5 acre woods. We have beautiful Grace Cole park in the southern end of the city, 5 Acre woods in the more northern area would be an incredibly active and sought after park for all families and all ages abilities.