



## Nature Program Information

### Benefits of Nature Program

- Building confidence and independence
- Feeling empathy for others and nature
- Physical fitness
- Health benefits
- Improved mental health
- Exposure to risk management
- Learning by experience
- Better sleep and mood
- Learning about spiritual meaning

### Why Nature 4/5

Children have a natural curiosity about the world around them. Letting them explore their capabilities and taking risks helps them evolve into strong and capable citizens.

Connecting children to nature fosters rich learning experiences, ecological literacy and healthy living. This supports and helps build strong brain functioning, self regulation and life skills into our children.

### How to Register

This program is separate and supplemental to our core kindergarten and prek program- **students must be registered in our Tuesday/Thursday ECS Program in order to also register for this Monday/Wednesday Nature 4/5 Program.**

**If you are interested in this program, please**

- Finish submitting your registration for the regular EICS Tuesday/Thursday Kindergarten or Pre K program for our school St. Martin's through SchoolEngage. The link is on our website.
- Then on the main screen SchoolEngage please also submit a registration for Nature Program using the form titled B.3) Nature Program Registration.

### Program Cost

\$125 monthly fee