

# HEALTHY FORESTS HEALTHY PEOPLE



## How forest recreation can benefit you:

- Reduces stress levels
- Preventative effects on cancer development
- Improves mood
- Increase cognitive control
- Lowers blood pressure, pulse rate, body fat
- Promotes healthier social behavior
- Lessens social dysfunction
- Reduces anger and violence
- Develops positive self-esteem
- Enhanced concentration
- Improves knowledge, skills acquisition
- Boost immune system
- Increases recovery from physical trauma
- Reduces inattention and impulsivity for ADHD youth

The Wisconsin Woodland Owners Association, Inc. (WVOA) is a non-profit organization providing continuous educational opportunities to Wisconsin's private woodland owners and others on sustainable forest management.

Wisconsin Woodland Owners Association (WVOA) is celebrating 35 years of helping Wisconsin's woodland owners learn more about their land. WVOA members share a common interest in wanting to learn more about their woods for fun and for sustaining their woods for the future generations.

WVOA offers a variety of activities and information for woodland owners, their families, and the general public. WVOA publishes an award-winning quarterly magazine, Wisconsin Woodlands, hosts local woodland field days, winter conferences and workshops. WVOA also serves as a vital link between landowners and forestry resource professionals.

To learn more about WVOA and what we do contact WVOA at [wvoa@uwsp.edu](mailto:wvoa@uwsp.edu) or by calling [715-346-4798](tel:715-346-4798). For more information visit our website at [wisconsinwoodlands.org](http://wisconsinwoodlands.org).

## How forests benefit the community:

SOCIAL  
MEANING

FOREST  
PRODUCTS

BIOLOGICAL  
DIVERSITY

CLIMATE  
MODERATION,  
REDUCES CO2

BETTER AIR  
QUALITY

GLOBAL LAND  
ETHIC

CLEANER  
WATER

RECREATION

SCENIC  
BEAUTY



# 10 Fun Family Activities in Nature!

1. Go out on a nature hike and bring along a journal. List all the animals that you find and keep a count of them. Track the weather, season, trees identified, and unique objects. Have the children rate the different places you visit, what they liked about it, and what they learned.
2. Attend a naturalist presentation or children's program offered at various nature centers.
3. Take turns choosing different colors and try to find objects around you that match that color.
4. Take a bike ride with the whole family. Search in your local area for natural or bike trails.
5. Get a simple magnifying glass and see the world in a new way. Look closely at leaves, bugs, bark, dirt and see a whole new world!
6. Find a quiet corner and cultivate the art of sitting and watching. What do you can see and hear around you? Pretend you are a creature in hiding. Model stillness and wonder.
7. Create a scavenger hunt of objects you can discover in a natural area.
8. Before you go on a hike have children draw a picture of a tree. Next head outdoors with a sketchbook to have a closer look. Carefully observe several different trees (shape, color, feel of bark, what's on the tree, leaves, shape of crown). Make a new sketch and compare the pictures.
9. Go on a winter hike. Stop and listen, discuss how nature is different/same in winter. Seek places animals would find shelter (where would you stay?). Look for bird nests in trees, much easier to find in the winter! Lie under evergreens and look up, talk about how they provide shelter from wind, rain, and snow. Once back inside enjoy hot cocoa and remind children that these tasty treats also come from trees.
10. Explore wildlife tracks (a lot easier in the snow!). Look at different tracks and try to determine what creature they came from. Which direction were they traveling? What were they doing? Any patterns to the walk? Do you find any scat on the trail?

