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Fifteen Minutes Outside: 365 Ways To Get Out Of The House And Connect With Your Kids



Synopsis

What if you got outside every day, and what if you could get your kids to come along? It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound. This inspiring collection of activities gives families an idea for every day of the year, requiring little planning, no expertise and relatively little resources (time, cash, or patience!), no matter where they live. Simple and inspiring, this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.

Book Information

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Customer Reviews

Review originally posted on MoanaSaves (dot) com "What if I got outside every single day, and what if I could get my kids to come along? It would be easier to pull this off in the middle of summer, but what if we did it all year round, no matter what the weather was like?" These are Rebecca Cohen's words in the introduction to her book 15 Minutes Outside, 365 Ways to Get Out of the House and Connect with Your Kids. At the time when Rebecca had this outdoorsy idea she and her husband had demanding corporate jobs and it seemed the moments she was at home were spent indoors

rushing from one demand to the next, leaving her at the end of the day feeling exhausted and unfulfilled in regards to time spent with her children. Well, I'm not a working mom but I can definitely relate with the life of running around without really spending time with my kids outside. After reading this book I think I can honestly say that it's my new best friend. 365 ideas of how to spend meaningful time with my kids outside? This translates to: 1) bonding time with my children 2) cleaner house because we're outside! 3) getting the wiggles out 4) great health benefits 5) increased appreciation of nature 6) low to no cost entertainment ... and the list goes on and on. This book's worth is priceless! Last week was spring break and I took the opportunity to try a few of the book's ideas on my kids. Our first favorite was "get to know a tree" where one person closes their eyes and another leads them to a tree where they use their sensory skills (excluding sight) to observe the tree. That person is then led to a central location where they open their eyes and try to guess what tree they touched. My kids loved trying to fool Mommy with this fun activity.

Fifteen Minutes Outside is a book dedicated to families who want to spend more time outside and are looking for some simple, creative ways to have fun in the great outdoors. The book lists ideas for each day of the year, in chronological order, and it serves as a good reference for those parents who want to do something but could use a quick reference to generate ideas. Most of us are fully aware that children do not play outdoors the way they did in the past. Television, computers, electronic games, and other things have taken the place of physical activity and the health consequences are obvious. Adults are often equally bad, watching television or spending excess hours online when they could be enjoying some outdoor time with the family. This book aims to get you and the kids out of the home and into contact with the great outdoors and it has enough suggestions to keep you and the family busy for a very long time. I agree that everyone should try to spend more time outdoors and as I read the different ideas presented in this guide, I noticed a few things. For one, some of the ideas require certain, specific materials that some families may not have available and may require making a small purchase. However, others are cost and trouble free and involve nothing more than walking outside and playing a game, picking a plant, or gathering leaves. The majority of the ideas involve no expenditures- all you need is access to a lawn, trees, flowers, etc., and the physical ability to get to them. Most of the ideas presented in this book are obvious and I like that the author took the time to come up with a different activity for each day of the year.

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