



**SIERRA  
CLUB**  
Hoosier Chapter

**Nature Play Days**  
**June 10-18, 2017**



**Indiana Children & Nature Network**

FOR IMMEDIATE RELEASE

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### **Sierra Club Hoosier Chapter to Host a Nature Play Day**

Indianapolis, May 30, 2017.

The Sierra Club Hoosier Chapter will host a Nature Play Day, in the form of a family hike, on June 10 from 1pm at The Beanblossom Bottoms Nature Preserve, in Ellettsville, Indiana. Nature Play Days are being held across Indiana between June 10<sup>th</sup> and 18<sup>th</sup> to encourage families to play outdoors and reap the physical, mental, and emotional benefits nature provides. The primary goal of Nature Play Days is to reconnect children with the outdoors and provide a space for outdoor exploration and fun. Attendance is free and open to the public, though attendees must RSVP to hike leader Jesse Kirkham at [jlkirkham@earthlink.net](mailto:jlkirkham@earthlink.net).

Kids today spend, on average, 50 hours a week on an electronic device and over 90% of their time indoors. The rise of childhood obesity and diseases such as Attention Deficit Disorder are challenges for children across the country from every social and economic class. Thankfully, time spent outdoors supports many aspects of children's mental, emotional, and physical health as well as cognitive development, teambuilding skills, and interpersonal relationships. Nature Play Days are an opportunity for nature lovers and the underserved to connect with nature and begin to create what will hopefully be a lifelong relationship with and in nature.

This Nature Play Day will feature an easy, 2.5 mile hike on a flat boardwalk through a scenic wetland, led by trained Sierra Club outings leaders. Participants can post photos to social media using the #ICANNaturePlayDay hashtag to win prizes.

Nature Play Days are an initiative of the Indiana Children and Nature Network (ICAN). ICAN builds collaborative efforts to encourage children spending time in the natural environment. The project is an initiative of the Environmental Education Association of Indiana (EEAI). More information and a listing of Nature Play Days across the state is available on the ICAN website: [www.IndianaChildrenAndNature.org](http://www.IndianaChildrenAndNature.org).

For more information or to register contact Jesse Kirkham at [jlkirkham@earthlink.net](mailto:jlkirkham@earthlink.net).