

# **NATURE & CREATIVITY**

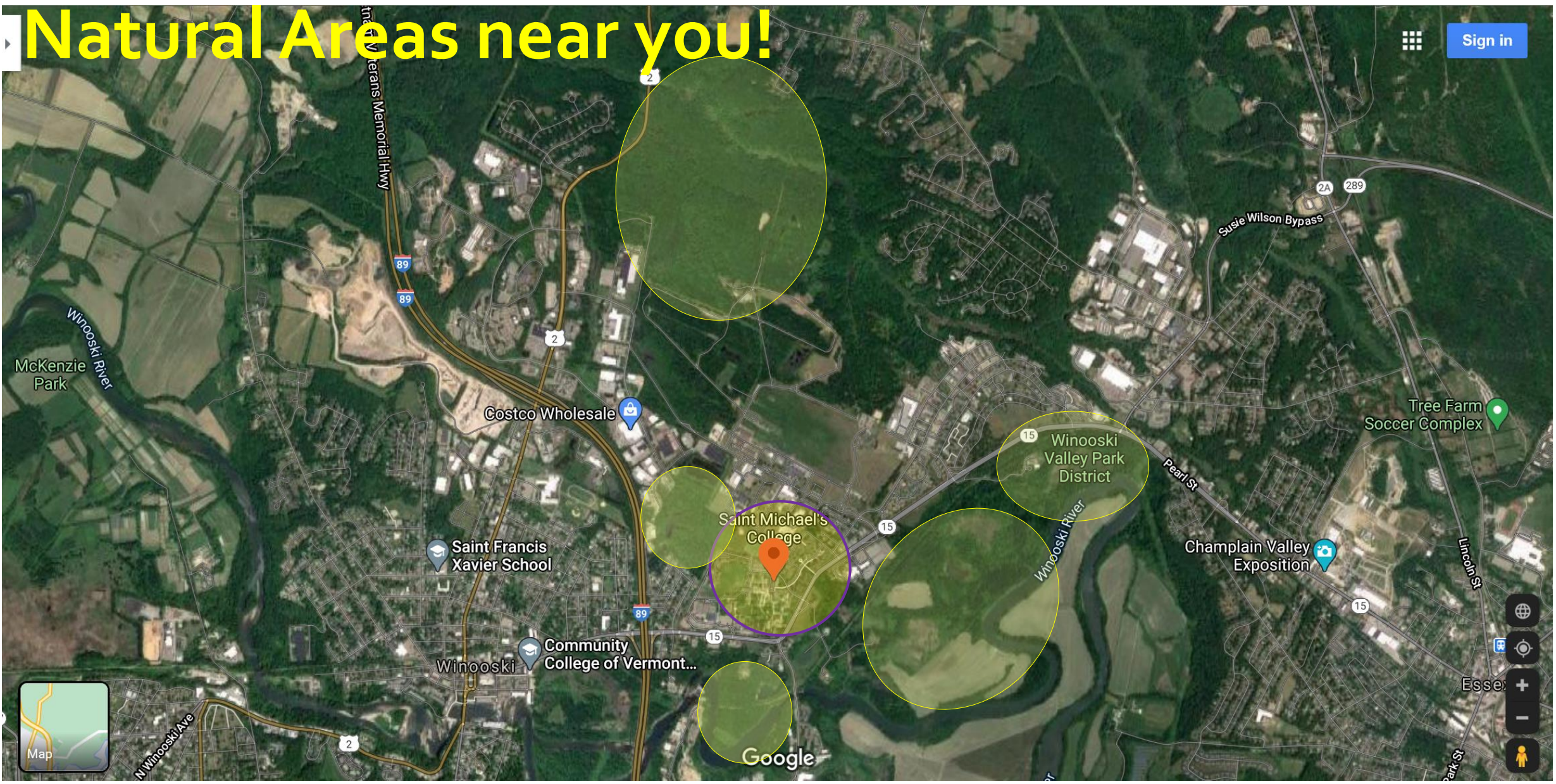
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**FULL SENSES – WHOLE BRAIN**

# BrainSTORM!

1. Engaging YOU in NATURE?
2. Engaging SMC students in NATURE?
3. Engaging YOU in CREATIVITY and more creative mindsets
4. Engaging SMC students in CREATIVITY and more creative mindsets

# Natural Areas near you!



# Natural Areas near you!

Sign in



MALLETTS BAY

COLCHESTER VILLAGE

Colchester

NEW NORTH END

Winooski River

Costco Wholesale

Saint Michael's College

Google

Map

# Forest Bathing

## Shinrin-Yoku (Japanese):

- **Shinto Religion roots:** Spiritual connection to nature (safe space).
  - In Shinto, the spirits are not separate from nature, they are in it. They are in the trees, in the rocks, in the breeze, the stream, the waterfall. These spirits are called *kami*.
- Modern concept revived by **Tomohide Akiyama**, Japanese Director of Forests
- A walk in the woods and the conscious practice of being *immersed* in the sights, sounds and smells of the forest.
- Using **all of one's senses** to take in the **forest** atmosphere.
- Antidote for stress:
- Higher concentration of **oxygen** + **Phytoncides** (natural oils within a plant) + **bird song** (music) + **luminosity**
  - 🌲 lower blood pressure and stress hormone levels,
  - 🌲 enhance immune system function
  - 🌲 reduce anxiety
  - 🌲 reduces anger
  - 🌲 improve mood
  - 🌲 accelerate recovery from illness
- “Park prescriptions” in urban areas.



We evolved in nature. We have a biological need to connect with it. We love nature because we learned to love the things that helped us survive. We feel comfortable in nature because that is where we have lived for most of life on earth. We are genetically determined to love the natural world. It is in our DNA. — E.O. Wilson

# Richard Louv – Background

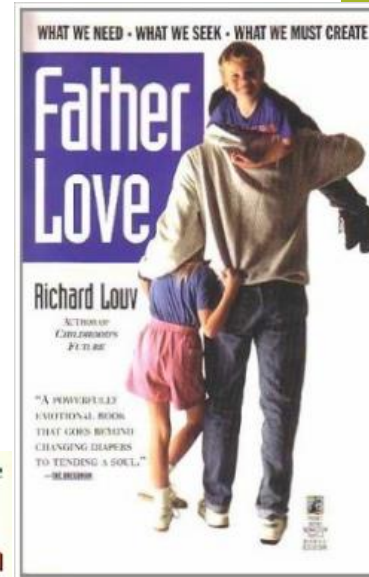
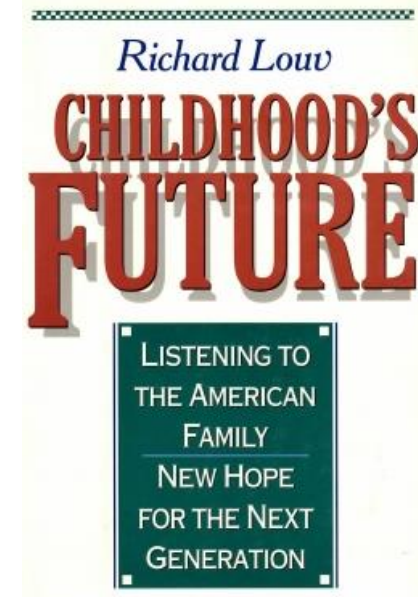
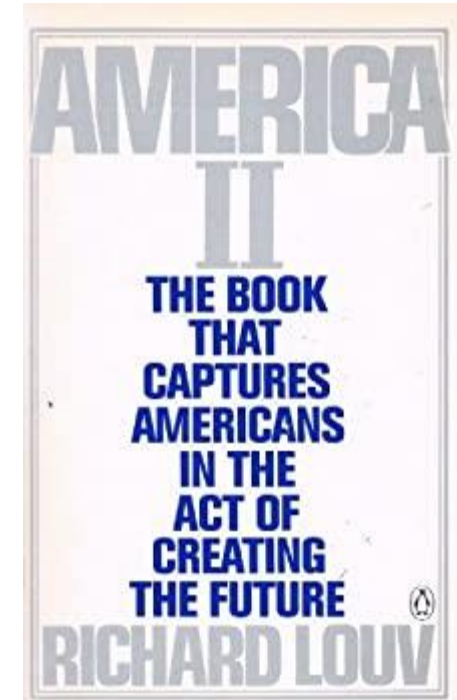
**San Diego Union-Tribune:** Writer/Reporter 1984 and 2007

## BOOKS

- [America II \(1983\)](#)
- [Childhood's Future \(1993\)](#)
- [101 Things You Can Do for Our Children's Future \(1994\)](#)
- [Fatherlove \(Pocket Books, 1994\)](#)
- [Last Child in the Woods \(2005\)](#)
- [The Nature Principle: Human Restoration and the End of Nature-Deficit Disorder \(Algonquin Books, 2011\)](#)
- [Vitamin N: The Essential Guide to a Nature-Rich Life \(Algonquin Books, 2016\)](#)
- [Our Wild Calling: How Connecting with Animals Can Transform Our Lives — and Save Theirs \(Workman, 2019\)](#)

## MAJOR IDEAS/TRENDS

- ☑ **CHANGING NATURE** of AMERICAN CHILDHOOD – Children are increasingly worse off
- ☑ Changing nature of **PARENTING** (and Family)
- ☑ Inequality in childhood
- ☑ Parent's growing fear of "[stranger danger](#)" that is heavily fueled by the media.
- ☑ **93-98%** of each day is being spent **indoors** or in a car.
- ☑ Digital Electronic Media



# Unstructured play & Problem Parenting

**UNSTRUCTURED PLAY:** Activities that children dream up on their own without adult intervention

The amount of time that children spend in unstructured free play today is in **MAJOR decline**.

## CHANGES in PARENTING

- ▷ Parent's safety concerns (stranger danger, crime, traffic)
- ▷ Parent's desire for CONTROL: "helicopter" → VELCRO PARENTS  
Adult-directed activities, and play within the home
- ▷ Rising belief that childhood is a time for resume building
- ▷ "backseat children" who are passively escorted from one structured activity to the next by their parents.

## CHANGES IN COMMUNITY PRIORITIES

- ▷ Overemphasis on structured activities (sports, clubs, etc.) and PLAY DATES
- ▷ Increasing time spent in school focused on STANDARDS TESTING
- ▷ Shifts from informal, natural play spaces to contrived playgrounds
- ▷ Play "objects" have shifted from homemade and improvised toys to educational, manufactured, and electronic choices.



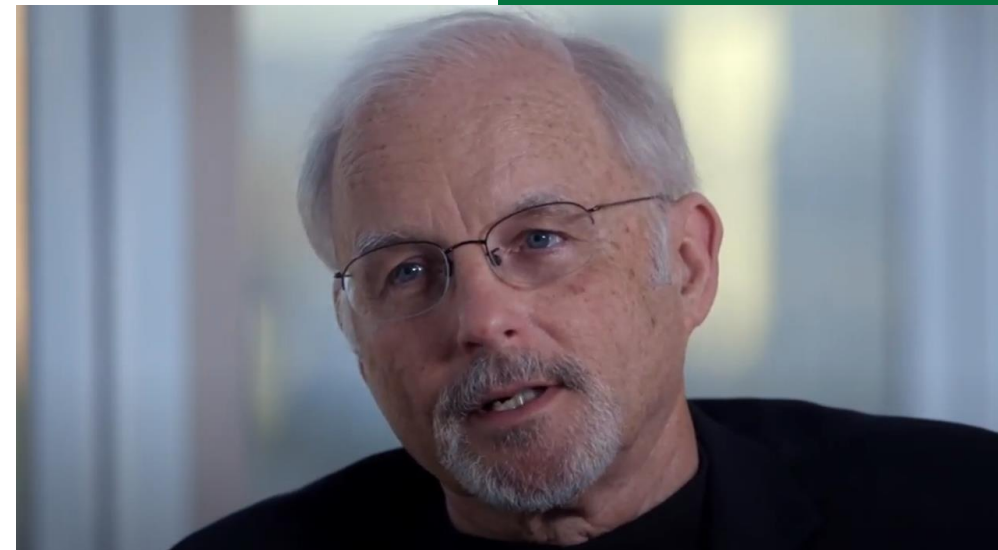
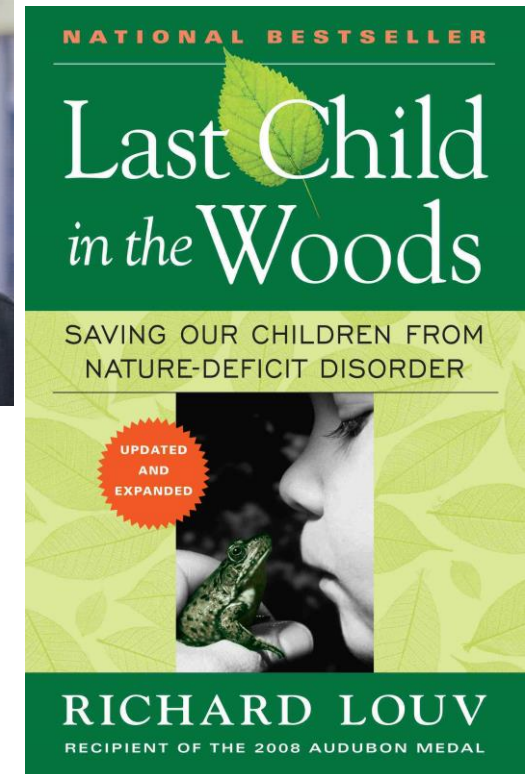
**PLAYGROUND COSTS:** ~\$1,000 per child.

- Average cost for small playground = \$50,000.
- Inclusive (accessible) larger = ~\$150,000.

# Nature Deficit Disorder (NDD)

**Richard Louv** – Last Child in the Woods (2005)  
**Saving Our Children from Nature Deficit Disorder**

- Human beings, especially children, are spending less time outdoors, and the belief that this change results in a wide range of behavioral problems.
- Parent's growing fear of "stranger danger" that is heavily fueled by the media.
- **93-98%** of each day is being spent **indoors** or in a car.
- **44-60%** of entire day is spent on a **screen**.
- **Loss of natural surroundings** in our neighborhoods, towns, cities.
- look don't touch mentality
- **Nature-deficit disorder** contributes to a **diminished use of the senses**, attention difficulties, conditions of **obesity**, and higher rates of emotional and physical illnesses
- **Growing body of research** indicating that **direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and a**
- Target audiences = parents, teachers, communities and government officials.



# INVASIVE DIGITAL COMMUNICATIONS

**2000-2021:** MAJOR INCREASE in MEDIA devices and CHILD-FOCUSED DIGITAL CORPORATIONS

**MEDIA CORPORATIONS** vying to control “childhood” on ALL FRONTS:

**DISNEY, VIACOM, WARNER, SONY, MICROSOFT, GOOGLE, FACEBOOK, APPLE**

- Films and TV Programs
- Theme Parks
- Toys
- Fashion
- Educational Materials

**DIGITAL SOCIAL SYSTEMS: THE MAJOR TRIAD:**

1. SMART PHONES (2006) Android - iPhone
2. Email, Texting, Facebook messaging, Twitter, chat, blogs, etc.
3. SOCIAL MEDIA—Facebook, Instagram, Snapchat, YouTube, Twitch, Kinzoo, Village Social...

**Video Gaming systems:** PlayStation, Xbox, Nintendo, Wii



# Richard Louv + EarthWalk Vermont



**EarthWalk Vermont: A Short Film by SMC Digital Film & TV Students: Fiona Giguere, Paige Goudreau and Shannon Wilson**

# Connection to nature through wild creatures



Suggested: 2011-2014 Raccoon Whisperer ⓘ

Mobbed by Raccoons (25) Tuesday Night 03 Nov 2020

17,725,341 views · Nov 3, 2020

👍 659K 🗨️ 12K ➦ SHARE ≡+ SAVE ...



## Meet Duck

The Australian bodysurfing bird

# Surveys: What to look FOR AND ASSESS

1. Important comments/responses?
2. Patterns from responses from the responses?
3. Unexpected and unique findings?
4. Reading between the lines of the responses?
5. What people didn't say?
6. Correlations with findings from other research?
7. Questions for interviews: More depth and complexity?

# Survey BIASES

- **Research Bias#1:** People tend to give you what they think that you want or what the questions lead them to...
- **Research Bias #2:** Information confirmation bias – people tend give you what you already know or are biased towards.
- **Research Bias#3:** You (as a researcher) tend to frame questions to confirm things you already know or suspect.
- **Research Bias #4:** Poor questions or interpretation of your questions
- **Research Bias #5:** Sample size or demographic

# INTERVIEWS (3)

## PHASE 3: At least 3 INTERVIEWS

- A. A PROFESSIONAL (Knowledgeable PERSPECTIVE)
- B. An “elder” (30+): Age diversity
- C. Experienced person #3: **Diversity** – Race; Gender, Nationality, Geography, Income ...

## TYPES of questions:

1. DEPTH → Conversation
2. Move beyond the expected, simplistic, or stereotypical
3. Reflective
4. Nuance—Sophistication
5. Stories from different/diverse perspectives

