



Listening Time:



34:14

SEASON 4 , THEME 8

WE ♥ NATURE!

Spending time in nature helps children develop a wide range of social emotional, cognitive, and physical skills. On this episode of the Little Kids, Big Hearts podcast, We ♥ Nature, three kids — Charlie from Brooklyn, Knox from Denver, and Sienna from Houston — join host Todd Loyd to discuss the great outdoors: what it's taught us and how it makes us feel. They then join host Todd on an imaginary journey to the Land of Qook-a-lackas, where they help a Qook-a-lacka friend, Qwiffin (played by the amazing Maulik Pancholy), grow a "memory garden." What is a memory garden?! Qwiffin explains: "Well, it's a garden, but instead of being made out of dirt and seeds and the power of photosynthesis, it grows in a different way: It grows from our memories of being outdoors in nature."

These activities make it easy to bring nature-based experiences into your classroom in meaningful ways. Whether you're exploring a park, tending a garden, or simply observing the sky, these ideas aim to help children build emotional awareness, resilience, and connection — both with the world around them and within themselves.