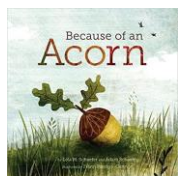


# The Nature Matters Book List

by Laura M. Stanton, Ohio State University Extension

This list includes picture books about nature for young readers, nature activity books for kids and families, and adult books about nature. We strongly support our public library system and encourage you to check these out from your local library. If you decide to purchase a book, please be sustainable and consider purchasing a used copy or supporting a local, independent bookseller.

## Picture Books About Nature



***Because of an Acorn* by Lola M. Schaefer and Adam Schaefer (2016)**

Because of an acorn, a tree grows, a bird nests, a seed becomes a flower. Enchanting die cuts illustrate the vital connections between the layers of an ecosystem in this magical book and realize that an acorn is just the beginning.

***Dear Little One* by Nina Laden (2021)**

From the treasure of flowers to the mystery of insects, this lyrical book encourages children to explore the natural world around them and to be grateful. With jewel-like artwork, every page is a treasure.



***The Golden Glow* by Benjamin Flouw (2018)**

Fox loves nature. There's nothing he enjoys more than reading about and picking flowers. This is a charming story that details the simple pleasures of a nature hike and celebrates observing the beauty of nature.

***The Hike* by Alison Farrell (2019)**

The Hike is an adventure story about three intrepid young female explorers who set out to conquer the outdoors in their local forest. This book is filled with lyrical language that captures the majesty of the natural world.

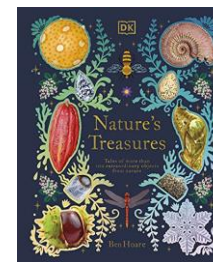


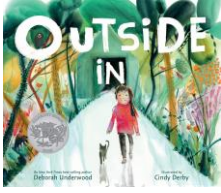
***Hike* by Pete Oswald (2020)**

A father and child wake up and go on a hike. Follow the duo into the mountains as they witness the magic of the wilderness, overcome challenges, and play a small role in the survival of the forest.

***Nature's Treasures: Tales of More Than 100 Extraordinary Objects from Nature* by Ben Hoare (2021)**

This book is ideal for inquisitive children aged 7-9 who loves to spot things when exploring outside and want to know more about the wonderful and mysterious natural world.



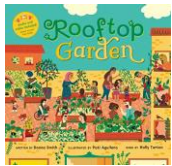
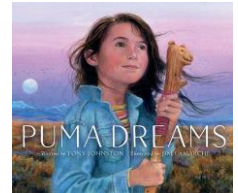


**Outside In by Deborah Underwood (2020)**

Outside In reminds emerging readers of the ways nature creates and touches our lives in homes, apartments, and cars, and is the perfect book to reflect on the world's connectedness.

**Puma Dreams by Tony Johnston (2019)**

A young girl dream of seeing an elusive California puma in the wild. This story includes interesting facts about this beautiful and threatened animal, and our responsibility to protect these increasingly threatened animals.

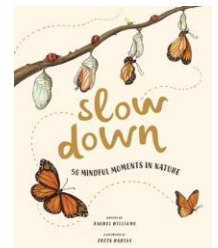


**Rooftop Garden by Danna Smith (2022)**

A group of city friends work diligently together to grow herbs and vegetables in a rooftop garden. The story concludes with a summer harvest and feast that celebrates the gardeners' commitment.

**Slow Down: 50 Mindful Moments in Nature by Rachel Williams (2020)**

All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

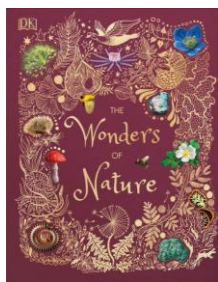
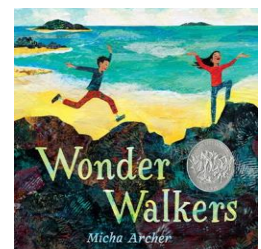


**Tiny, Perfect Things by M. H. Clark (2018)**

The whole world is a treasure waiting to be found. Open your eyes and see the wonderful things all around. This is the story of a child and a grandfather whose walk around the neighborhood leads to a day of shared wonder as they discover all sorts of tiny, perfect things together.

**Wonder Walkers by Micha Archer (2021)**

When two curious kids embark on a "wonder walk," they let their imaginations soar as they look at the world in a whole new light. They have thought-provoking questions for everything they see.



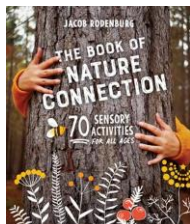
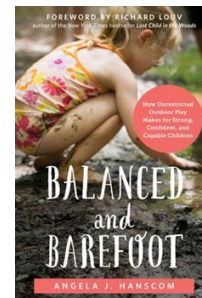
**The Wonders of Nature by Ben Hoare (2019)**

A stunning nature encyclopedia for young readers to explore, with reference pages packed with fascinating information, little learners will be captivated as they dive into this collection of 100 remarkable items from the natural world, from orchids to opals and lichens to lizards and so much more!

## Nature Activity Books for Kids and Families

### ***Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children* by Angela J. Hanscom (2016)**

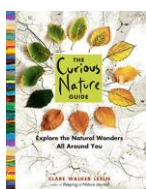
A pediatric occupational therapist shows how outdoor play and unstructured freedom of movement are vital for children's cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults.



### ***The Book of Nature Connection: 70 Sensory Activities for All Ages* by Dr. Jacob Rodenburg (2022)**

This book is packed with fun activities for using all our senses to engage with nature in a deep and nourishing way. Enjoy over 70 engaging, sensory activities for all ages that promote mindfulness and nature connection.

***Born To Be Wild: Hundreds of Free Nature Activities for Families* by Hattie Garlick (2016)** Want to save cash and get your kid off the smartphone and into nature? This book has easy-to-follow instructions for fun family activities and crafts that require nothing more sophisticated than a child's imagination and access to a little outdoor space.

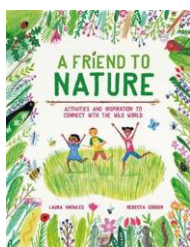
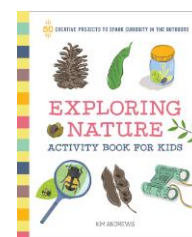


### ***The Curious Nature Guide* by Clare Walker Leslie (2015)**

With dozens of simple prompts and exercises, this book invites you to step outside for just a few minutes a day, reignite your sense of wonder about the natural world, and discover the peace and grounding that come from connecting with nature.

### ***Exploring Nature Activity Book for Kids: 50 Creative Projects to Spark Curiosity in the Outdoors* by Kim Andrews (2019)**

Encourage young nature lovers to get outside and track, explore, discover, and create. This book is filled with hands-on, educational outdoor activities that kids will love to learn from. They'll get their hands dirty and their imaginations revving while staying active outside.



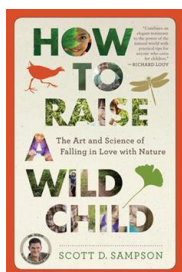
### ***A Friend to Nature: Activities and Inspiration to Connect with the Wild World* by Laura Knowles (2021)**

Starting with a pledge in poetic form, this book is a call to arms for the next generation of peaceful eco warriors. Broken down into sections of activities, each lyrically relates back to the metaphor of being a friend to nature. The activities themselves are short, easy, and fun, with a few more extensive projects mixed in.



**Great Things to Do Outside by DK Publishing (2014)**

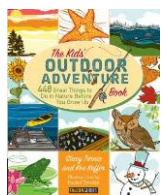
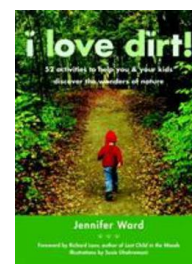
Get kids away from the TV, unplug, and step into the great outdoors. Consisting of practical projects to do outside ranging from simple observation activities to more ambitious projects, every activity uses readily available materials and includes step-by-step photographic instructions. Specifically designed to be user friendly for children ages 5 and up.

**How to Raise a Wild Child: The Art and Science of Falling in Love with Nature by Scott D. Sampson (2016)**

Abundant time in natural settings seems to yield long-term benefits in kids' cognitive, emotional, and social development. This book is a timely and engaging antidote, offering teachers, parents, and other caregivers the necessary tools to encourage a meaningful, lasting connection between children and the natural world.

**I Love Dirt!: 52 Activities to Help You and Your Kids Discover the Wonders of Nature by Jennifer Ward (2008)**

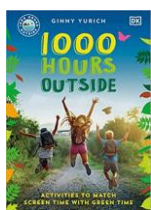
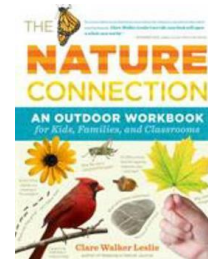
This book presents 52 open-ended activities to help you engage your child in the outdoors. No matter what your location—from a small patch of green in the city to the wide-open meadows of the country—each activity is meant to promote exploration, stimulate imagination, and heighten a child's sense of wonder.

**The Kids Outdoor Adventure Book: 448 Great Things to Do Before You Grow Up by Stacy Tornio and Ken Keffer (2013)**

This is a year-round guidebook for getting kids outdoors and exploring nature. The book includes 448 things to do in nature for kids of all ages—more than one activity for every single day of the year.

**The Nature Connection: An Outdoor Workbook for Kids, Families, and Classrooms by Clare Walker Leslie (2010)**

Guiding children through inspiring activities like sketching wildlife, observing constellations, collecting leaves, keeping a weather journal, and watching bird migrations, this book encourages kids to engage with the world outside and promotes a lifelong love of nature.

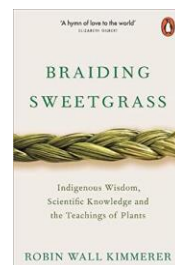
**1000 Hours Outside: Activities to Match Screen Time with Green Time by Ginny Yurich (2022)**

Did you know that the average American child spends 1,200 hours a year in front of a screen? And that outside play can boost children in every area of development? This book has everything you need to reset the balance and swap screen time for outdoor fun!

## Adult Books About Nature

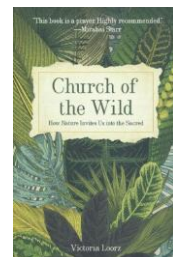
### ***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* (2015)**

by Robin Wall Kimmerer



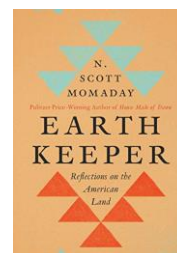
### ***Church of the Wild: How Nature Invites Us into the Sacred* (2021)**

by Victoria Loorz



### ***Earth Keeper: Reflections on the American Land* (2020)**

by N. Scott Momaday



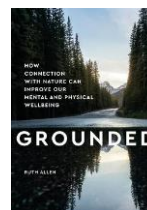
### ***Forest Bathing: How Trees Can Help You Find Health and Happiness* (2018)**

by Dr. Qing Li



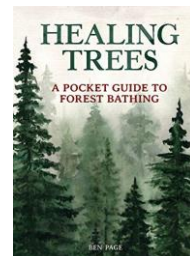
### ***Grounded: How Connection with Nature Can Improve Our Mental and Physical Well Being* (2021)**

by Ruth Allen



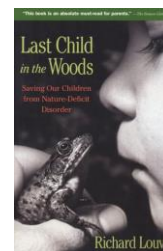
### ***Healing Trees: A Pocket Guide to Forest Bathing* (2021)**

by Ben Page



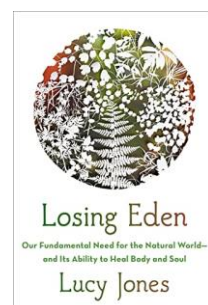
### ***Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder* (2008)**

by Richard Louv



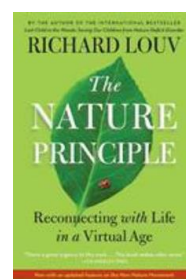
### ***Losing Eden: Our Fundamental Need for the Natural World and Its Ability to Heal Body and Soul* (2022)**

by Lucy Jones



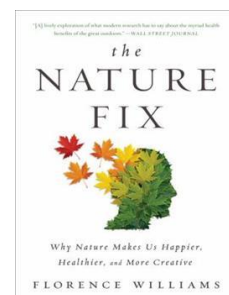
### ***The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* (2017)**

by Florence Williams



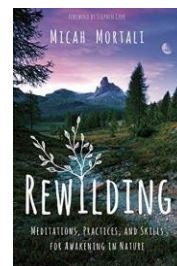
### ***The Nature Principle: Reconnecting with Life in a Virtual Age* (2012)**

by Richard Louv



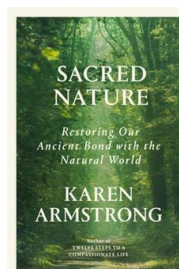
### ***Rewilding: Meditations, Practices, and Skills for Awakening in Nature* (2019)**

by Micah Mortali



**Rooted: Life at the Crossroads of Science, Nature, and Spirit** (2021)

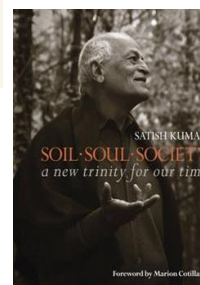
by Lyanda Lynn Haupt

**Sacred Nature: Restoring Our Ancient Bond with the Natural World** (2022)

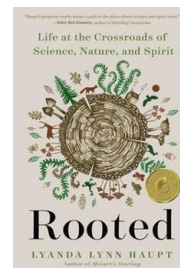
by Karen Armstrong

**Soil Soul Society: A New Trinity for Our Time** (2017)

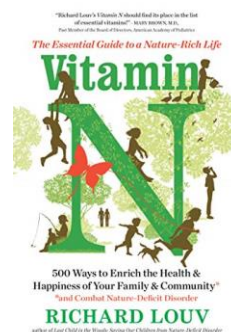
by Satish Kumar

**There's No Such Thing as Bad Weather: A Scandinavian Mom's Secrets for Raising Healthy, Resilient, and Confident Kids** (2018)

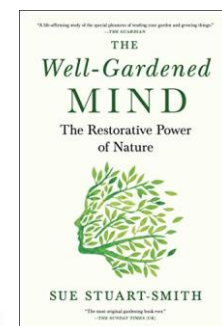
by Linda Åkeson McGurk

**Vitamin N: The Essential Guide to a Nature-Rich Life** (2016)

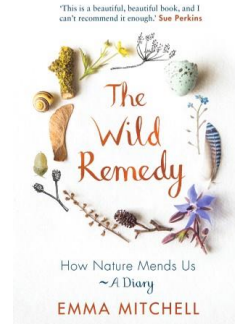
by Richard Louv

**The Well-Gardened Mind: The Restorative Power of Nature** (2020)

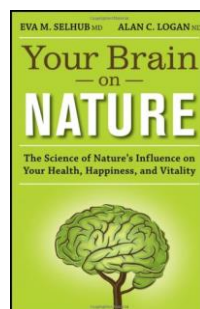
by Sue Stuart-Smith

**The Wild Remedy: How Nature Mends Us - A Diary** (2022)

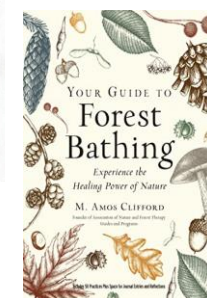
by Emma Mitchell

**Your Brain on Nature**

by Eva M. Selhub and Alan C. Logan (2014)

**Your Guide to Forest Bathing: Experience the Healing Power of Nature** (2021)

by M. Amos Clifford

**This book list has been compiled by:**

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Email: [stanton.60.osu.edu](mailto:stanton.60.osu.edu)Looking for additional nature resources? Visit: [go.osu.edu/nature-matters](https://go.osu.edu/nature-matters)