



**Catskill  
Mountainkeeper**

# Outdoor Education and Nature-Based Learning



## Help Kids Get Outside

In today's fast-paced, technology-driven world, children are spending less time outdoors than ever before. This dramatic shift away from nature significantly affects children's physical health, mental well-being, academic success, and environmental awareness. In response to this epidemic, Catskill Mountainkeeper is working with local schools to bring nature-based education and outdoor recreation opportunities to children across the Catskills Region.

Catskill Mountainkeeper is working with local schools to bring "sense of place" curriculum into the classroom and coordinate opportunities for outdoor activity and education via fields trips to local parks, trails, and the Catskill Park.

## Our Goals

- Increase Student Exposure to Nature
- Improve Environmental Literacy
- Enhance Students' Physical and Mental Well-Being
- Foster Outdoor Skills and Confidence - Develop leadership, teamwork, and problem-solving abilities through adventure-based learning.
- Make Learning More Engaging and Experiential
- Support Equity and Accessibility in Outdoor Education
- Train and Support Teachers in Outdoor Education
- Build Lasting Outdoor Education Programs
- Inspire a Lifelong Connection to Nature



## For More Information

**Lenny Miret, Stewardship Coordinator**  
[Lenny@catskillmountainkeeper.org](mailto:Lenny@catskillmountainkeeper.org)

(845) 439-1230

[www.catskillmountainkeeper.org](http://www.catskillmountainkeeper.org)

PO Box 50 Livingston Manor, NY 12758

