



WISE KIDS® OUTDOORS PROGRAM AT A GLANCE

• GET KIDS IN YOUR COMMUNITY BACK OUTDOORS!

Wise Kids® Outdoors is a 20-mission evaluated after-school and summer-camp program developed by the SajaI® Foundation and the National Recreation and Park Association which offers children the opportunity to explore nature while teaching them about the importance of eating right and being physically active. The program sends children on outdoor adventure missions, guided by your trained staff, to offer them a safe way to learn about their natural environment.

Program content focuses on three key learning areas:

1. Being Prepared to Go Outdoors
2. Having Great Outdoor Experiences
3. Making Outdoors Everyday



• IT'S ALL ABOUT BALANCE

Similar to our core Wise Kids program, the Wise Kids Outdoors program is based on the central concept of Energy Balance. That means energy IN (calories from food) should equal energy OUT (calories for activity). Throughout the 20 missions, children learn that both humans and nature need to live in balance to be healthy. In this way, the children will learn how to become active stewards of the natural world around them and how to lead healthier lives.

• PROGRAM FORMAT

The Wise Kids® Outdoors program follows the format of **Learn, Do, Explore**. This format encourages children to first LEARN about nature, stewardship, and wellness concepts, DO activities related to those concepts, and then sends them outdoors to actively EXPLORE nature through activities like planting seeds, digging for worms, and going on scavenger hunts. In addition, each mission includes **Energy In** and **Energy Out** challenges to help children begin to make wise nutrition and activity choices every day.

The program can be divided into three learning tracks:

- **Core Stewardship:** Includes topics like Energy Balance, the Earth in Balance, and the 3 R's
- **Adventure and Outdoor Skills:** Introduces the children to skills ranging from geocaching and orienteering to building forts and shelters
- **Environmental Education:** Includes topics such as critters, bugs, rocks, and seasons

For more information, please visit www.sajaifoundation.org or contact Amy Rea at Amy@sajaifoundation.org.



In partnership with



National Recreation and Park Association

