Make Nature & Time Outside Together a Priority
Dancing Sky Area Agency on Aging 1/16/24

Resource List
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PLACES

LOCAL -
• Your own backyard or shared space, homes of friends, family or neighbors
• Libraries / Community education
• Nature centers / environmental learning centers
• Parks - Do a local parks challenge - research the parks in your city or county and see how many you can visit
• Senior center / community center

• Dancing Sky Region Focused
  ○ Agassiz Environmental Learning Center - Fertile, MN
    https://aelfertile.org/
  ○ MSU Regional Science Center - Glyndon, MN
    https://www.mnstate.edu/academics/colleges-schools/cshe/science-center/contact/
  ○ Prairie Wetlands Learning Center - Fergus Falls, MN

STATEWIDE -
• Minnesota Department of Natural Resources
  ○ Accessible Outdoors
    https://www.dnr.state.mn.us/accessible_outdoors/index.html
  ○ State Public Lands
    https://www.dnr.state.mn.us/aboutdnr/publiclands/index.html
    ■ State parks - Check out the passport and hiking club, I Can programs
    ■ State forests
    ■ State trails
    ■ Other: Wildlife Management Areas, Aquatic Management Areas, Scientific & Natural Areas
• **Federal Lands**
  - US National Parks / Monuments / Trails in MN
    [https://www.nps.gov/state/mn/index.htm](https://www.nps.gov/state/mn/index.htm)
  - US National Forests in MN
    - Chippewa National Forest [https://www.fs.usda.gov/chippewa](https://www.fs.usda.gov/chippewa)
    - Superior National Forest [https://www.fs.usda.gov/superior](https://www.fs.usda.gov/superior)
  - US Fish & Wildlife Lands
    [https://www.fws.gov/our-facilities?state_name=%5B%22Minnesota%22%5D](https://www.fws.gov/our-facilities?state_name=%5B%22Minnesota%22%5D)

**PROGRAMS / ORGANIZATIONS**

• **Age Friendly Minnesota** [https://mn.gov/dhs/age-friendly-mn/](https://mn.gov/dhs/age-friendly-mn/)
• **Area Agency on Aging** [https://mn.gov/board-on-aging/about-us/area-agencies/](https://mn.gov/board-on-aging/about-us/area-agencies/)
• **BIPOC Outdoors Twin Cities** [http://www.ashamorie.com/bipocoutdoorstwincities](http://www.ashamorie.com/bipocoutdoorstwincities)
• **Build a Pollinator Habitat** [https://bwsr.state.mn.us/residential-pollinator-habitat](https://bwsr.state.mn.us/residential-pollinator-habitat)
• **Capable Partners** [https://www.capablepartners.org/](https://www.capablepartners.org/)
• **Cycling without Age** [https://cyclingwithoutage.org/](https://cyclingwithoutage.org/)
• **CBS Sunday Morning Moment in Nature** [https://www.youtube.com/@CBSSundayMorning](https://www.youtube.com/@CBSSundayMorning)
• **Forest Therapy** [https://www.natureandforesttherapy.earth/about/the-practice-of-forest-therapy](https://www.natureandforesttherapy.earth/about/the-practice-of-forest-therapy)
• **Friends of the Mississippi** [https://fmr.org/](https://fmr.org/)
• **Great River Greening** [https://www.greatrivergreening.org/](https://www.greatrivergreening.org/)
• **Healing Gardens** [https://www.takingcharge.csh.umn.edu/explore-healing-practices/healing-environment/what-are-healing-gardens](https://www.takingcharge.csh.umn.edu/explore-healing-practices/healing-environment/what-are-healing-gardens)
• **Healing Waters Fly Fishing** [https://projecthealingwaters.org/](https://projecthealingwaters.org/)
• **Hiking Clubs in MN** [https://www.hikingproject.com/directory/clubs/minnesota](https://www.hikingproject.com/directory/clubs/minnesota)
• **Let’s Go Fishing** [https://lgfws.com/](https://lgfws.com/)
- Midwest Outdoors Unlimited [https://www.midwestoutdoorsunlimited.com/](https://www.midwestoutdoorsunlimited.com/)
- Minnesota Leadership Council on Aging Member Organizations [https://www.mnlcoa.org/members](https://www.mnlcoa.org/members)
- MN Master Naturalist [https://www.minnesotamasternaturalist.org/](https://www.minnesotamasternaturalist.org/)
- MN Thrives Database [https://www.health.state.mn.us/communities/mentalhealth/mnthrives.html](https://www.health.state.mn.us/communities/mentalhealth/mnthrives.html)
- Minnesota Rovers Outdoor Club [https://mnrovers.org/](https://mnrovers.org/)
- Minnesota Veterans Outdoors [https://www.mnvetsoutdoors.org/](https://www.mnvetsoutdoors.org/)
- Nature on PBS [https://www.youtube.com/@naturepbs/videos](https://www.youtube.com/@naturepbs/videos)
- Park Rx America [https://parkrxamerica.org/](https://parkrxamerica.org/)
- Phenology Report with John Latimer on KAXE [https://www.kaxe.org/podcast/phenology](https://www.kaxe.org/podcast/phenology)
- Project GO (Get Outdoors) [https://www.mnprojectgo.org/](https://www.mnprojectgo.org/)
- University of MN Extension [https://extension.umn.edu/natural-resources](https://extension.umn.edu/natural-resources)
- Wilderness Inquiry [https://www.wildernessinquiry.org/](https://www.wildernessinquiry.org/)

**APPS**

- AllTrails [https://www.alltrails.com/](https://www.alltrails.com/)
- eBird [https://ebird.org/home](https://ebird.org/home)
- iNaturalist [https://www.inaturalist.org/](https://www.inaturalist.org/)
- Merlin [https://merlin.allaboutbirds.org/](https://merlin.allaboutbirds.org/)
- Wild Spotter [https://wildspotter.org/](https://wildspotter.org/)
- Zooniverse [https://www.zooniverse.org/](https://www.zooniverse.org/)

**OTHER MISCELLANEOUS**

**30 Minute Options:**
- **Sit Spot:** Find a closeby space you can visit often/easily (your backyard or in your neighborhood). Try to visit at least once a week and sit for at least 30 minutes. Be present and use all your senses to notice what is around you.
- **“Noticing Workout”:** Walk around, pay attention, take pictures, coined by Bill Keaggy

- **Nature Journal:** Sketchbook for writing and drawing, take notes of what you observe
- **Notice** with all your senses
• **Individualize:** Think about/learn how others have connected with nature (or not) in the past - remember, not everyone has positive experiences connected with the outdoors and we should respect and seek to understand. What are ways you/people you serve connect with (or connected with) nature?

• **Prompts:** I notice..., I wonder..., It reminds me of...

• **Misc:** Garden, watch clouds, watch fireflies, watch birds, skip rocks, tell me a story about... (a snake, a raccoon, a turtle, a storm, etc.)

• **Find awe and wonder** in nature to reset our brains at any age, get out of everyday concerns

• **Make it simple:** You don’t have to go somewhere or spend money

• **Inside ideas:** houseplants, cut flowers, apps with nature sounds, natural light lamp, open the windows, wildlife webcams, birdwatching, bird feeder, binoculars, grow herbs, adventure books/movies/podcasts, cooking, aromatherapy

• **Slow down.**

• **Do more things that make you forget to check your phone.**

* some suggestions inspired by Forest Bathing - Mindfulness in Nature Tip Sheet, by Sara Holger