

Richard Louv

Quotes

*Nature, Children, Kids, Parent, Needs, Real, Spiritual, Meaningful, Use, Adults,
Joy, World, Stress, Smart, School, Thinking, People, Emotional, Attention,
Leader*

The children and nature movement is fueled by this fundamental idea: the child in nature is an endangered species, and the health of children and the health of the Earth are inseparable.

~Richard Louv

Time in nature is not leisure time; it's an essential investment in our children's health (and also, by the way, in our own).

~Richard Louv

Nature is imperfectly perfect, filled with loose parts and possibilities, with mud and dust, nettles and sky, transcendent hands-on moments and skinned knees.

~Richard Louv

Every child needs nature. Not just the ones with parents who appreciate nature. Not only those of a certain economic class or culture or set of abilities. Every child.

~Richard Louv

We cannot protect something we do not love, we cannot love what we do not know, and we cannot know what we do not see. Or hear. Or sense.

~Richard Louv

By bringing nature into our lives, we invite humility.

~Richard Louv

Natural play strengthens children's self-confidence and arouses their senses-their awareness of the world and all that moves in it, seen and unseen.

~Richard Louv

What would our lives be like if our days and nights were as immersed in nature as they are in technology?

~Richard Louv

An environment-based education movement--at all levels of education--will help students realize that school isn't supposed to be a polite form of incarceration, but a portal to the wider world.

~Richard Louv

Time spent in nature is the most cost-effective and powerful way to counteract the burnout and sort of depression that we feel when we sit in front of a computer all day.

~Richard Louv

In nature, a child finds freedom, fantasy, and privacy: a place distant from the adult world, a separate peace.

~Richard Louv

Nature does not steal time, it amplifies it.

~Richard Louv

If we desire a kinder nation, seeing it through the eyes of children is an eminently sensible endeavor: A city that is pro-child, for example, is also a more humane place for adults.

~Richard Louv

Children need nature for the healthy development of their senses, and therefore, for learning and creativity.

~Richard Louv

The woods were my Ritalin. Nature calmed me, focused me, and yet excited my senses.

~Richard Louv

As one scientist puts it, we can now assume that just as children need good nutrition and adequate sleep, they may very well need contact

with nature.

~Richard Louv

Children who played outside every day, regardless of weather, had better motor coordination and more ability to concentrate.

~Richard Louv

Kids are plugged into some sort of electronic medium 44 hours per week.

~Richard Louv

In our bones we need the natural curves of hills, the scent of chaparral, the whisper of pines, the possibility of wildness.

~Richard Louv

Green exercise improves psychological health.

~Richard Louv

The future will belong to the nature-smart...The more high-tech we become, the more nature we need.

~Richard Louv

Natural playgrounds may decrease bullying.

~Richard Louv

Kids are absolutely starved for positive adult contact.

~Richard Louv

Nature is one of the best antidotes to fear.

~Richard Louv

As a species, we are most animated when our days and nights on Earth are touched by the natural world. We can find immeasurable joy in the birth of a child, a great work of art, or falling in love.

~Richard Louv

The future will belong to the nature-smart.

~Richard Louv

Some kids don't want to be organized all the time. They want to let their imaginations run; they want to see where a stream of water takes them.

~Richard Louv

Nature is about smelling, hearing, tasting, seeing.

~Richard Louv

Reconnection to the natural world is fundamental to human health, well-being, spirit, and survival.

~Richard Louv

There is another possibility: not the end of nature, but the rebirth of wonder and even joy.

~Richard Louv

If a child never sees the stars, never has meaningful encounters with other species, never experiences the richness of nature, what happens to that child?

~Richard Louv

All spiritual life begins with a sense of wonder, and nature is a window into that wonder.

~Richard Louv

To take nature and natural play away from children may be tantamount to withholding oxygen.

~Richard Louv

Use all of your senses.

~Richard Louv

This tree house became our galleon, our spaceship, our Fort Apache...Ours was a learning tree. Through it we learned to trust ourselves and our abilities.

~Richard Louv

The real cultural war is between the culture of narcissism and what might be called the culture of renewal.

~Richard Louv

A lot of people think they need to give up nature to become adults but that's not true. However, you have to be careful how you describe and define 'nature.

~Richard Louv

Here is the beginning of understanding: most parents are doing their best, and most children are doing their best, and they're doing pretty well, all things considered.

~Richard Louv

One of my students told me that every time she learns the name of a plant, she feels as if she is meeting someone new. Giving a name to something is a way of knowing it.

~Richard Louv

No other youth group like the Scouts has trained so many future leaders while at the same time being a nature organization with its outdoor focus.

~Richard Louv

These days, unplugged places are getting hard to find.

~Richard Louv

The pleasure of being alive is brought into sharper focus when you need to pay attention to staying alive.

~Richard Louv

We tend to block off many of our senses when we're staring at a screen. Nature time can literally bring us to our senses.

~Richard Louv

Studies of children in playgrounds with both green areas and manufactured play areas found that children engaged in more creative forms of play in the green areas.

~Richard Louv

Kids and adults pay a price for too much tech, and it's not wholesale.

~Richard Louv

I do not trust technology. I mean, I don't think we're in any danger of kids, you know, doing without video games in the future, but I am saying that their lives are largely out of balance.

~Richard Louv

How can our kids really understand the moral complexities of being alive if they are not allowed to engage in those complexities outdoors?

~Richard Louv

As the young spend less of their lives in natural surroundings, their senses narrow, physiologically and psychologically and this reduces the richness of human experience we need contact with nature.

~Richard Louv

Mothers tend to be more direct. Fathers talk to other fathers about their kids more metaphorically. It's a different way of communication.

~Richard Louv

Nature has been taken over by thugs who care absolutely nothing about it. We need to take nature back.

~Richard Louv

We can conserve energy and tread more lightly on the Earth while we expand our culture's capacity for joy.

~Richard Louv

Increasingly the evidence suggests that people benefit so much from contact with nature that land conservation can now be viewed as a public health strategy.

~Richard Louv

What if a tree fell in the forest and no one knew it's biological name? Did it exist?

~Richard Louv

By letting our children lead us to their own special places we can rediscover the joy and wonder of nature.

~Richard Louv

The times I spent with my children in nature are among my most meaningful memories-and I hope theirs.

~Richard Louv

Quite simply, when we deny our children nature, we deny them beauty.

~Richard Louv

Each of us-adult or child-must earn nature's gift by knowing nature directly, however difficult it may be to glean that knowledge in an urban environment.

~Richard Louv

A natural environment is far more complex than any playing field.

~Richard Louv

Numerous studies document the benefits to students from school grounds that are ecologically diverse and include free play areas, habitats for wildlife, walking trails, and gardens.

~Richard Louv

Being close to nature, in general, helps boost a child's attention span.

~Richard Louv

Most people are either awakened to or are strengthened in their spiritual journey by experiences in the natural world.

~Richard Louv

Nature is beautiful, but not always pretty.

~Richard Louv

Now, more than ever, we need nature as a balancing agent.

~Richard Louv

There's a generation now that didn't grow up in nature. Some of these adults are parents and they know that nature is good for their kids but they don't know where to start.

~Richard Louv

This seems clear enough: When truly present in nature, we do use all our senses at the same time, which is the optimum state of learning.

~Richard Louv

Nature introduces children to the ideaâ€”to the knowingâ€”that they are not alone in this world, and that realities and dimensions exist alongside their own.

~Richard Louv

When you're sitting in front of a screen, you're not using all of your senses at the same time. Nowhere than in nature do kids use their senses in such a stimulated way.

~Richard Louv

There is a real world, beyond the glass, for children who look, for those whose parents encourage them to truly see.

~Richard Louv

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