

The Wilderness Center Offers Nature Staycation Activities for Spring Break

FOR IMMEDIATE RELEASE – (March 26, 2021) Wilmot, OH - It is acknowledged that a daily dose of nature is good for our minds and bodies. Getting outside boosts mood, reduces anxiety, and improves sleep. What better time to get rejuvenated, get outside and enjoy some "vitamin N" than Spring Break?

The educators of The Wilderness Center are encouraging all families staying home this year to plan a Nature Staycation! TWC staff have prepared a packet of activities that will keep kids active in the outdoors and encourage exploration of your backyard, The Wilderness Center, and the night sky. All participants are also encouraged to stop in to the nature center to receive a special surprise.

These activities are printable at home, and are being offered free of charge thanks to the support of TWC members. Donations, however, are gratefully accepted. Those wishing to participate should register online at wildernesscenter.org/nature-staycation

#

About The Wilderness Center

Founded in 1964, The Wilderness Center is dedicated to connecting our community with nature, educating people of all ages and conserving natural resources. Through the generous support of private donors and foundations, The Wilderness Center offers a wide range of ecological programming for all ages and protects approximately 4,000 acres of natural land across the state of Ohio.