JANUARY International Year of LIGHT

International Quality of Life Month

Celebrate Life Week 1-7
National Lose Weight/Feel Great Week 4-11
National Obesity Awareness Week 12-18
Sugar Awareness Week 18-23
No Name Calling Week 19-23



Ohio Leave No Child Inside Collaborative advocates that very child deserves the right to spend one hour each day in the outdoors to receive all the benefits inherent in nature through unstructured exploration: Happier! Healthier! Smarter! www.ohiolnci.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|-----------|-----|-----------------------------|---|---|
| Ohio Leave No Child Inside | | | | 1 | 2 | 3 |
| Happier, Healthier, Smarter | | | | New Years Day | | |
| Full Wolf Moon 11:53 pm | National Bird Day | 6 | 7 | 8 | 9 National Cut Energy Costs Day | 10 United Nations Day |
| Cigarettes Are Hazardous To Your Health Day | 12 | 13 | 14 | 15 | 16 | 17 Bald Eagle Kid Inventor's Day |
| 18Appreciation Days | 19 Lunar New Year Martin Luther King, Jr. Da | 20 | 21 | 22 Celebrate Life Day | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 National Pre School Fitness Day | 31 National Seed Swap Day Inspire Your Heart Art Day |

FEBRUARY

International Year of LIGHT

American Heart Month

National Parent Recognition Week 1-7 National Green Week 2-6
Risk Awareness Week 7-11
International Coaching Week 6-12
National Next Box Week 14-18



<u>The Time To Act Is Now!</u> Less time spent in NATURE...has been proven to correlate with increased negative effects to overall well-being of our youth. "Obesity is a nation-wide epidemic!" Children suffer long-term developmental and social consequences. Time spent in the GREAT OUTDOORS: provides positive outdoor experiences, results in better school performance, develops social skills, increases positive self-image, and leads to a more full filled life.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|------------------------------|-----------------|-----------------|--------------------------|-------------------------------|--|
| 1 | 2 Groundhog Day | 3 Full Snow Moo | 4 on 6:09 pm | 5 National Weather | 6 Give Kids a Smile Day | 7 |
| Boy Scout Anniversary Day | 9 National Stop Bullying Day | 10 | 11 | 12 | Read Great | 14 To Your Child Day Backyard |
| • | Day | | | | | Valentines Day |
| Bird | Count President's Day | 17 | 18 | 19 | Love Your Pet Day | 21 |
| 22 Walk the Dog Day | 23 | 24 | 25 | 25 | 26 | 28 |
| | | | | | | Ohio Leave No Child Inside Collaboratives Collaboratives |



National Nutrition Month

Severe Weather Preparedness Week 1-7 Wellderly Week 16-22 National Agriculture Week 8-13 National Poison Awareness Week 15-21



Children's Outdoor Bill of Rights proclaimed by Gov. Strickland & Kasich, with first ladies, Hope Taft & Frances Strickland state future citizens/leaders of OHIO - uniquely rich in natural resources - believe Ohio's children are entitled: to be physically ACTIVE & PLAY outside every day; have access to SAFE/GREEN spaces; CONNECT with nature & have time to EXPLORE; DISCOVER WONDERS of plants/animals & use SENSES; explore OHIO'S DIVERSITY of natural habitats; understand PATTERNS & CYCLES of nature; EXPERIENCE joys of WATER - splash, play & swim in safe/clean lakes/streams; be IMMERSED in nature & camp OVER-

NIGHT; and learn to GIVE BACK to nature...

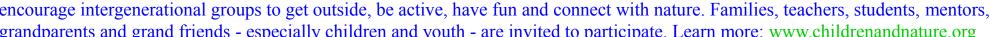
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------------|----------------|---------------------------------------|-------------------------|---------------|--|
| 1 | Read Across | 3 | 4 | ⁵ Girl Scout | 6 | 7 |
| | America | | | Birthday | National Day | s of Unplugging |
| | | | F | Full Worm Moon 1:05 | pm | |
| 8 Genealogy Day | 9 | 10 | 11 | 12 | 13 | 14 |
| Daylight Savings Time Beg | ns | | | | | |
| Buzzards | 16 | 17 | 18 | 19 | 20 | 21 |
| Day | | | | | Spring Begins | |
| 22 World Water Day | 23 | 24 | 2 Absolutely Incredible Kid Day | 26 | 27 | 28 |
| ²⁹ As Young As You Feel Day | Doctor's Day Take a Walk in the | 31 Park Day | | | | Ohio Leave No Child Institution of Child Institutio |



Keep America Beautiful Month

Medication Safety Week 1 -7 National Environmental Educational Week 19-25 National Park Week 19-27 National Playground Safety Week 20-24

Let's G.O.! (Get Outside) is a youth-inspired, youth led Children & Nature initiative rallies Children of ALL Ages to Play! Serve! and Celebrate! We



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|--|----------------------|---|---|---|---|
| Let G.O. (Get Outsi | ! | April Fools Day | 1 | International Children's Book Day | Find a Rainbow I National Walk to Work Day Good Friday | M 0 · 0 ε |
| 5 Play Serve Celo | 6 | 7 World Heath Day | 8 | 9 | 10 | 11 |
| Easter | | | | | | |
| 12 | 13 | 14 | 15 Bicycle Day | 16 | NationalG | 18 lobalYouth |
| 20 Service. | Days | 22 | 23 Take Your Sons/Daughter To Work Day Earth Day | 24 'S | 25 Astronomy Day | 26 Go Birding Day |
| 27 Holocaust Reme | 28 National Take Bac Prescription Drug | | 30 | | | Ohio Leave No Child Inside Collaboratives |





American Wetlands & National Preservation Month

National Family Week 3-9 National Transportation Week 10-16 National Bike to Work Week 11-15 Mental Health Week 12-18 National Safe Boating Week 16-22 National Backyard Games Week 18-25



Who We Are... Ohio Leave No Child Inside Collaborative is a state-wide grassroots movement of 100s of organizations striving to "reconnect Ohio's children with nature... to help insure that Ohio's children will grow up with an appreciation for the outdoors." You, too, can join in our efforts to raise awareness of 'Nature Deficit Disorder.'.. Find out more about us: www.ohiolnci.org

| <i>Sun</i> | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------------|-----|---|--------------------------|--|--------------------|
| Ohio Leave No Child Inside Collaboratives | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| International International Mother's Day | 11 | 12 | 13 | 14 Bike to Work Day | Endangered Species Day | Love a Tree Day |
| 17 Armed Forces Day | 18 | 19 | 20 | 21 | 22 International Day of Biodiversity | 23 |
| 24 31 | 25 Memorial Day | 26 | 27 National Senior Health & Fitness Day | 28 Sierra Club Day | 29 | 30 |

Great Outdoors & National Camping Month

National Sun Safety Week 5-11 National Flag Week 14-20 Universal Father's Week 19-25



Summer Solstice in N hemisphere on June 21 is longest duration of daylight and most direct sunshine...making this an appropriate time to learn more about the International Year of LIGHT which will focus on the topic of light science and its applications. The United Nations has recognized the importance of raising global awareness of how light-based technologies promote sustainable development & provide solutions to global challenges in energy, education, agriculture and health. To find out more, go to www.light2015.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------|-------------------------------------|----------------------------------|-----------------------------|----------------------------------|--|
| Ohio Leave No Child Inside Collaborativ | 1 ves | 2 Full Strawberry Moon 12:11 | 3 pm | 4 | 5 World Environment Day | 6 |
| 7 National Trails Day | itiae the villa | 9 Day | 10 | 11 | 12 | 13 |
| 14 Fan Flag Hist Day Da | tory Nature | Celebration of Senses Day | 17 Eat Your Vegetables Day | 18 International Picnic Day | 19 | 20 |
| 21 Father's Family Awar Summer Begins Summer Solstice | reness Day | 23 | 24 | 25 | 26 Great A | 27 Sun Glasses Day American Backyard |
| 28 | 29 America Kids Day | 30 Meteor Day | | | Ca | mpout Day |



National Parks & Recreation Month

Freedom Week 4-10
Zookeepers' Week 19-25
Dog Days of Summer July/August



Did you know? The 'return to the out-of-doors' exploded with Richard Louv's eye-opening book, <u>Last Child in the Woods</u>. The outcry was long over-due; many advocated a 'return to nature' for "outdoor play is good for children, there are positive benefits to unstructured outdoor play." Rachael Carson adds. "Spending time in nature also leads to the development of **a sense of wonder** in children, inspiring curiosity and environmental stewardship later in life." The 'care-free days of play' came to the fore-front from a few generations before.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|-----|---------------------------------|---------------------|------------------------|--------------------|
| Ohio Leave No Child Inside Collaboratives Augusts Failton, Emukal | | | full Buck Moon 10:20 p | Made in the USA Day | Stay Out of Sun Day | 4 Independence Day |
| 5 | 7 Father – Daughter Take a Walk Day | 8 | 7 Teddy Bear's Picnic Day | 10 World Population | 11 Day | |
| 13 | National Ice Cream Day | 15 | 16 | 17 | 18 | 19 |
| 20 Moon Day | Global Hug You Child Day | 22 | 23 | 24 | 25 | 26 Parent's Day |
| 27 | 28 | 29 | 30 | 31 Trail Mix Day | | |

AUGUST

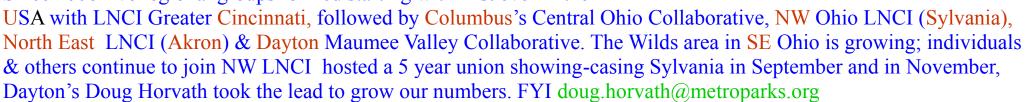
International Year of LIGHT

Pedestrian Safety Month

Exercise With Your Child & National Farmers' Market Weeks 2-8 National Safety at Home Week 23-29

WHO ARE WE? Ohio Leave No Child InsideCollaborative LNCI

Since 2006 five regional groups formed starting with first ever in the



| Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------|---|--|--|---|--------------------------------|
| | | | | | Respect for Parents Day |
| 3 Watermelon | 4 | 5 | 6 | 7 | 8 |
| | nm | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 World |
| S'Mores Day | | International Youth Day | | | Honey Bee Day |
| 17 | 18 International Coaching Day | 19 | 20 | 21 Senior Citizens Day | 22 |
| 24 | 25 | 26 | 27 | 28 Indiv | idual Rights Day 29 |
| 31 Overdose Awareness Day | National Park Service Day | Women's Equality Day | | More Herbs | Less Salt Day International |
| | 3 Watermelon Day Full Sturgeon Month 10:03 10 S'Mores Day 17 24 31 Overdose | 3 Watermelon Day Full Sturgeon Month 10:03 pm 10 11 S'Mores Day 17 18 International Coaching Day 24 25 31 Overdose National Park | 3 Watermelon Day Full Sturgeon Month 10:03 pm 10 11 12 International Youth Day 17 18 International Coaching Day 24 25 National Park Women's | 3 Watermelon Day Full Sturgeon Month 10:03 pm 10 11 12 13 International Youth Day 17 18 International Coaching Day 24 25 National Park Women's 6 | 3 Watermelon 4 |

SEPTEMBER

International Year of LIGHT

Diversity & Cooperation Awareness Month
National Nutrition Week 1-7

National Injury Prevention Week 1-7

Did you know? Children ages 8-18 spend about **7 hours** a day watching TV, playing video games & using computers. Obsesity's



quadrupled over 25 years in boys & girls. Children with ADHD concentrate better after contact in nature. Playing regularly in natural environments show more advanced motor fitness, including coordination, balance and agility, are healthier over-all and report being sick less often.

| | Mon | Tue | Wed | Thu | Fri | Sat |
|----|--|-------------|--|---|---------------------------------|---|
| | Ohio Leave No Child Inside Collaboratives Collaboratives | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Read a Book Day Labor Day | | | | | |
| 13 | National Grandparents Day | 15 | 16 National Collect Rocks Day | 17 | 18 | 19 |
| 20 | 21 International Day of | 22 Peace | Yom Kippur Autumn | 24 OHIO LEAVE NO CHILL INSIDE DAY | 25 Native American Day | 26 National Public Lands Day Family Health |
| 27 | 28 Family Day & A Day Dine With Your Kid | | 30 | | • | & Fitness Day Johnny Appleseed Day |

OCTOBER

International Year of LIGHT

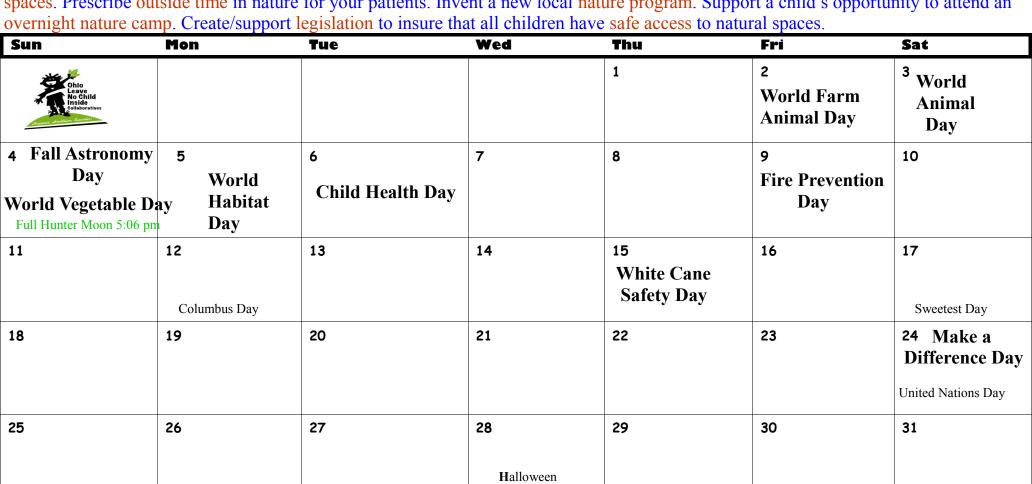
Diversity & Cooperation Awareness Month

Fire Prevention Week 4-10 National School Lunch Week 12-16 National Chemistry Week 18-24

How can I, as a parent, help connect my children and nature?

Take your child outside every day to play/explore. Set an example and commit to unplugging daily. Create outdoor learning environments. Add more natural play









Family Stories/Military Family Appreciation Month

Give Wildlife A Brake! Week 2-6 National Family Week 22-28 National Game and Puzzle Week 22-28

Nurturing Nature "Nature needs kids and kids need nature." These inspiring words written by Jenny Morgan, co-founder of the Columbus LNCI along with Alice Hoyl set the underlying passion of Leave No Child Inside's theme. Many an event/program/memory has grown out of this movement to frature to not year.



an event/program/memory has grown out of this movement to 'return to nature'. Our Sylvania community has been proclaimed by Mayor Stough a LNCI City acknowledging the Ohio Children's Outdoor Bill of Rights. And, in NW Ohio LNCI, 5 energetic ladies developed a pre-school, Nurturing Nature, which has been entertaining/engaging/amazing parent 'n child now for 7 years. Thanks to: Librarian Mary Leugers, Toledo Puppet Lady Joyce Davis, ECO Discovery! Maureen Schell, Linda Penn Lourdes Life Lab, & me. You can find us presently scheduled for 2015 at 577 Foundation, Perrysburg, OH, sharing our love of nature &children...www.577foundation.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---------------------------------------|-----------------|------------------|---------------------------------------|-------------------------|
| 1 Daylight Savings Time Ends | 2 | Full Beaver Moon 7:24 am Election Day | 4 | 5 | 6 Marooned Without a Compass | 7 |
| 8 America Recycles | 9 | 10 | 11 Veterans Day | 12 | World Kindness Day | 14 |
| 15 Day Great American Smo Out Day World Diabetes Day | | Take a Hike Day | 18 | 19 | 20 | National Day of Play |
| 22 29 | Ohio Land Collid Inside Collaboratives | 24 | 25 | Thanksgiving Day | 27 | 28 |

DECEMBER

International Year of LIGHT

Universal Human Rights Month

National Hand Washing Awareness Week 5-11 Christmas Bird Count Week 14-1/5 Human Rights Week 10-17

Once you discover this calendar that promotes the **Out-of-Doors**: **Nature, Health, Family & Children,** please share it with others... If you have questions, would like to know more about Leave No



Child Inside or would like to speak with me, Sandra Gratop, creator, & co-founder of NW contact me: sgratop@live.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------|--|-------------------|-----------------------------|---------------------------------------|-----------|----------------------|
| Collaboratives | | 1 | Special Education Day | 3 | 4 | 5 |
| 6 Hanukkah Begins | 7 Full Cold Moon 2:40 am Pearl Harbor | 8 | 9 | Human Rights Day | 11 | 12 |
| 13 | 14 | 15 D'II - C | 16 | 17 | 18 | 19 |
| Worldwide Can | | Bill of Rights | | | | Look for an |
| Lighting Day | Hanukkah Ends | Day | Winter Begins | | | Evergreen Day |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | Christmas | Kwanzaa |
| 27 | 28 | 29 | 30 | 31 | 1/1/2016 | |
| | | | | Universal Hour New Years Eve 11"30 pm | | |