



the first five years

impact report 2015 - 2019



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Introduction

Bringing contemporary urban society back to open spaces, the outdoors and contact with nature is a challenge that demands a change in cultural order. In a world where urban areas have overtaken rural areas in total population for the first time in human history, children are increasingly subjected to a confined, institutionalized, restricted lifestyle, which has a series of impacts on their development and health.

When Instituto Alana gave me the mission to advocate to guarantee children the right and access to direct, daily contact with nature for the benefit of their health and well-being, I knew there was a long way to go. I also knew this path could only be walked hand-in-hand with all those who were, in some way or another, already following in the same direction, be it due to their personal history, their profession, their children or their love of nature.

Movements in different parts of the world, led mainly by the Children & Nature Network (co-founded by journalist and childhood activist Richard Louv), were the first inspirations for creating the Children and Nature (Criança e Natureza) program, which completed its fifth anniversary in 2019. From the beginning, we have been identifying and bringing into the program people and organizations from all over Brazil and the world who were already working, either empirically or technically, on the cause of children and nature.

Over these five years, experts, researchers, organizations and academic and government institutions in Brazil, Latin America and other countries have weaved together and strengthened with us what we can now call the children and nature movement, with direct impact on education practices, healthcare, nature conservation, urban planning and political influence. Children's voices have also been heard, in different ways, in everything we do.

More than a form of accountability to society, our partners and those interested in the cause, the impact report provides an encouraging outlook of what these efforts have produced towards achieving childhoods that are rich in nature and in the search for a healthy and welcoming planet for humanity.

I leave here my deepest gratitude to everyone who, in some way, has lent their energy and inspiration to this very important movement.

Thank you very much!

Laís Fleury
**Coordinator of the Children and
Nature program at Instituto Alana**



Mission

Promote access and direct contact with nature for all children as an urban and social innovation for the well-being of childhood and the planet

What we dream of

Greener, more child-friendly **cities**

Families spending time outdoors

Greener and more challenging school **spaces**

More time to **play freely** in nature

More **children in parks** and more parks for children

Nature as an essential element of **health** and well-being



What nature are we talking about?

The nature that can be found in a wide variety of built and non-built environments, in the open, and featuring natural elements such as rocks, earth, water, plants, insects, birds and all life reforms

Principles and values

We advocate for qualified contact with nature and respect for diversity and inclusion, and for achieving these things in ways that provide children from different socioeconomic and cultural contexts with an affective, spontaneous relationship with the outdoor environment



With freedom to choose what to do, how to play, what to learn, what risks to take

With permission to experiment, create, and relate to the environment in their own way

Through direct physical contact, through the body and the senses

With free time to play, less guided by the clock or the calendar

Having nature not only as a scenario, but as a fundamental place for the formation of what it means to be human

In the company of a reference adult who shares their delight with nature

And, underlying all of the above, for the opportunity to take beneficial risks as an essential component of a child's learning and development

How we operate

We produce, promote and disseminate content about the importance of children's connection with nature and its benefits

We articulate the children and nature movement from a cross-cutting perspective: shining a light on those who already are doing things and empowering those who wish to

We point to paths that stimulate and facilitate children's direct experiences in nature

We influence public policies that favor children's contact with nature in urban contexts



Lines of action

nature conservation

building affective bonds
between children and nature
so they learn to respect it
and recognize it as a right of
all life forms

cities

living, playful cities with
greener, more accessible and
child-friendly public spaces

health

promoting contact with
nature as an essential
element for physical, mental,
emotional and spiritual
health in childhood

education

the unwalling of children from schools;
greener, more challenging school spaces that
produce more interaction with their territory;
more time for children to play freely in nature;
and the recognition of educational territories
beyond school walls



Program development in Brazil and worldwide

Participation in the worldwide movement

Partnerships with the Children & Nature Network and the International School Ground Alliance (ISGA) and attendance in major international events in the United States, Canada, Japan, Germany, Portugal, Holland and Sweden, among others, **to help contribute to a diversity of views on the relationship between children and nature in the world**



In Latin America

Mobilization of and cooperation with leaders in Peru, Chile and Argentina

In Brazil

Partnerships with government institutions, universities, researchers, specialists and civil society organizations in **all five Brazilian regions**

“The program brought together people, institutions and movements that had been working in silos for the cause of the reconnection between humankind and nature, creating and strengthening networks and connecting with movements such as the Forum on the Medicalization of Education and Society, the National Conference for a New Education (CONANE) and the Brazilian Society of Pediatrics, bringing noticeable progress to the theme of children-nature relations compared to five years ago.”


Beatriz de Paula Souza - Psychologist at the University of São Paulo Institute of Psychology (IPUSP), coordinator of the School Complaint Guidance Service



“The theme of ‘unwalling childhood’ fostered guided visits and conversations focused on expanding the debate about the lack of open spaces and nature in the city, and especially in schools. The partnership with Instituto Alana brought breadth and a greater theoretical foundation to this discussion, and increased interactions between stakeholders involved with these ideas. Our participation in the two Technical Missions to Germany and the access to the numerous discussions and content made available by the Children and Nature program have encouraged Sesc (the Retail Sector Social Service) staff members to reflect on projects and activities that can enhance their work. In 2018, in addition to the ‘Latin American Children and Nature Seminar: greener cities, urban childhoods’, the children and nature theme was also disseminated across 39 Sesc Units, with 140 activities and over 10,000 participants.”

Denise Minichelli Marçon - Education for Sustainability and Citizenship – Sesc São Paulo





"I'm very happy and very grateful, because something has changed internally after this seminar. It gave us greater momentum to move forward with a deeper and more comprehensive proposal... the challenge is to establish that children in hospitals should be treated as children, and not just as sick children. Thank you for the distinction between danger and risk!"

Doris Erlwein - Lecturer at the Latin American Seminar on Children and Nature, who, at the time, was the head of Fundación Inspira (Chile), which builds gardens in hospitals to foster the clinical improvement of patients

"I'm sharing some pictures of children enjoying the day when we invited them to plant with us as we were building their 'Healing Garden'. This was in Coaniquem (Santiago de Chile) on May 8, 2019."

Verónica Novoa - current CEO and co-founder of Fundación Inspira (Chile), in a recent message to the program

Foto: Nick Charñesword

The International School Ground Alliance, a global leader in advocacy for naturalized schoolyards, has chosen Brazil as the venue for its next conference, a unanimous decision of its Leadership Council.

From: Shari L. Wilson, Project Central
Date: Mon. March 2nd 2020 1:58 pm
Subject: ISGA Conference Location in Brazil
Approved!

Hello everyone,

I am pleased to let you know that the Leadership Council unanimously approved the location of Brazil for our next conference. There were 40 votes in favor and none against.

Several of you also made comments. Of those commenting about when the conference should be held, there was one comment in favor of 2021 and four comments in favor of 2022. There were numerous additional comments stating how excited members are that we will be meeting in South America.

Please don't forget that we have an amazing conference and leadership retreat coming up this September in Stirling, Scotland! Hope to see you there.

Best,
Shari

Shari L. Wilson
Teaching Ecologist | Project Central



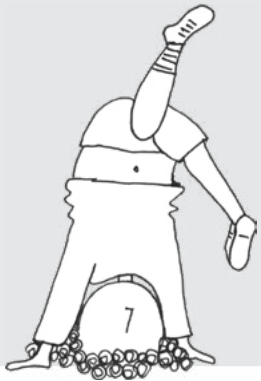


Health what we dream of

**Contact with nature incorporated into
health professional practices as part of
the integral development of children**



Major milestones



Creation of the **Children, Nature and Health Working Group**, which includes doctors from the Brazilian Society of Pediatrics (SBP), the **largest medical specialty society in Brazil with 22,000 member pediatricians**

Launch of the Handbook on the Benefits of Nature in Child and Adolescent Development, **part of the official set of scientific documents issued by the SBP**, with dissemination to all member pediatricians

Pediatrics

2015

2016

2017

2018

2019

2020

Mental health

The **theme of children and nature is now deeply ingrained in the mental health agenda**, in part thanks to joint work with organizations such as the Forum on the Medicalization of Education and Society, the School Complaint Support Group, The University of São Paulo (USP) Institute of Psychology and the Brazilian Association of School and Educational Psychology, **the largest and most important network promoting the importance of school psychology across the country**

Co-hosting, with the USP Institute of Technology, of the 1st Meeting on Nature and (De)medicalization, with the **participation of more than 100 people and presentation of 18 papers**

Training of around **600 educators and health professionals**

Conheça algumas
das principais
causas SBP:

**Gravidez
sem Álcool**

Agosto Dourado

Image Gently Brasil

**Nascimento
Seguro**

**Prevenção da Gravidez
na Adolescência**

Criança e Natureza

Atividade Física

**Pediatra Presente
no Cuidado Primário,
Secundário e Terciário**

Lecture at the XI Brazilian Congress of Pediatrics in 2019: the theme “children and nature” is officially included among the main guidelines of the SBP. The organization later distributed 2,000 copies of the Handbook on the Benefits of Nature for the Development of Children and Adolescents among its members



The President of SBP, Dr. Luciana Rodrigues Silva, presented the Handbook at several technical and scientific events. **Member pediatricians of the SBP have become multipliers and disseminators of the importance of contact with nature in childhood**



Manual de Orientação

Grupo de Trabalho em Saúde e Natureza

Benefícios da Natureza no Desenvolvimento de Crianças e Adolescentes

Grupo de Trabalho em Saúde e Natureza

Coordenação: Laís Fleury (Instituto Alana) e Luciana Rodrigues Silva (SBP)

Organização do texto: Maria Isabel Amado de Barros (Instituto Alana)

Autores: Daniel Becker, Dircou Solé, Emmalie Ting, Evelyn Eisenstein, José Martins Filho, Laís Fleury, Luciana Rodrigues Silva, Maria Isabel Amado de Barros, Ricardo Ghelman e Virginia Resende Silva Welfort

Colaboradores: Lúbia Arantes de Araújo e Ricardo do Rego Barros

Revisão: Regina Cury (Metatexto)

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BENEFÍCIOS DA NATUREZA NA SAÚDE DAS CRIANÇAS E ADOLESCENTES

Brincar ao ar livre em um ambiente natural pode trazer melhorias para a **força motora, equilíbrio e coordenação das crianças**¹

Atividades ao ar livre podem reduzir a fadiga, melhorar a atenção e demais funções cognitivas e prevenir o estresse tóxico na infância.^{2,3}

Passar tempo em paisagens naturais pode incentivar interações sociais e **integração** entre os membros da família.⁴

Passar tempo ao ar livre está associado com o **aperfeiçoamento da visão** à distância.⁵

A exposição à natureza pode **melhorar os sintomas de depressão, ansiedade e déficit de atenção** associado à hiperatividade.^{6,7}

Tempo para brincar na natureza pode contribuir para o **desenvolvimento cognitivo, emocional, social e educacional** das crianças.⁸

Exposição regular ao verde e à luz natural pode aumentar os níveis de **vitamina D** e ajudar diabéticos a alcançarem níveis saudáveis de glicose no sangue.⁹

Fonte: conteúdo adaptado do quadro The Health Benefits of Nature inserido no documento Healthy Parks Health People: Bay Area - A Road Map and Case Study for Regional Collaboration.¹⁰

21 Benefícios da Natureza no Desenvolvimento de Crianças e Adolescentes - 2019

Material de apoio

Sugestão de Receita Verde

A prescrição de natureza não é para todos e também não é a solução de todos os problemas de saúde enfrentados pelas crianças e adolescentes. Ela deve ser utilizada dentro de um contexto mais amplo de relações, ambientes e estilos de vida saudáveis. Mas certamente o convívio com a natureza é um fator relevante para o desenvolvimento saudável das crianças, jovens e de todos nós.

RECEITA MÉDICA PARA BRINCADEIRAS AO AR LIVRE

Para: _____ Data: _____

Esta receita sugere que você:

- Brinque ao ar livre e explore mais a natureza à sua volta
- Faça passeios ao ar livre e sempre que possível ande à pé ou de bicicleta
- Adote hábitos saudáveis em relação ao uso de tecnologias digitais

Dosagem:

- Se divertir na natureza várias vezes ao dia
- Ingerir o conteúdo desta receita com muita água, sucos naturais e alimentos saudáveis

Advertência:

- Se persistirem os sintomas de desânimo, falta de curiosidade ou de amigos, reforçar as doses de brincadeiras ao ar livre

Dr. _____

CRM: _____

Esse material foi inspirado na Nature Play Prescription da Children & Nature Network, www.childrenandnature.org.

Benefícios da Natureza no Desenvolvimento de Crianças e Adolescentes - 2019 24



“I found Children and Nature through its activities in nature as practices with a demedicalizing potential. The occupation of this space, including through participation in the creation of a Working Group on Nature and (de)Medicalization, was a very important step: for two fruitful years, it was a space to meet, train and expand spaces around this topic. Among participants, I highlight the Interinstitutional School Complaint Group – GIQE, a collective of psychologists of varied backgrounds who often requested the presence and contribution of the program and eventually took charge of the theme under its own wing. As they trained professionals on how to respond to suffering in school life, several of them began to transform their work environments and practices.”

Beatriz de Paula Souza - Psychologist at the University of São Paulo Institute of Psychology (IPUSP), coordinator of the School Complaint Guidance Service

Education

what we dream of

**Nature incorporated into
pedagogical spaces, projects and
practices at formal and non-formal
education institutions**



Major milestones

Launch of the publication
**Unwalling Childhood: School as
a place to encounter nature** in
São Paulo, Novo Hamburgo and
Rio de Janeiro

Activities cycle on Unwalling
Childhood in partnership with
Sesc SP, conducted in the cities of
São Paulo, Registro, São José dos
Campos, Guarulhos and Piracicaba,
with the participation of **more than
300 school leaders and educators**
from these municipalities

2015

2016

2017

2018


2019

2020

Training of **120 mobilizers** of
“nature as a family” groups in
São Paulo and Rio de Janeiro,
in partnership with UMAPAZ,
the Boa Praça Movement,
Brincacidade, WWF and Tijuca
National Park

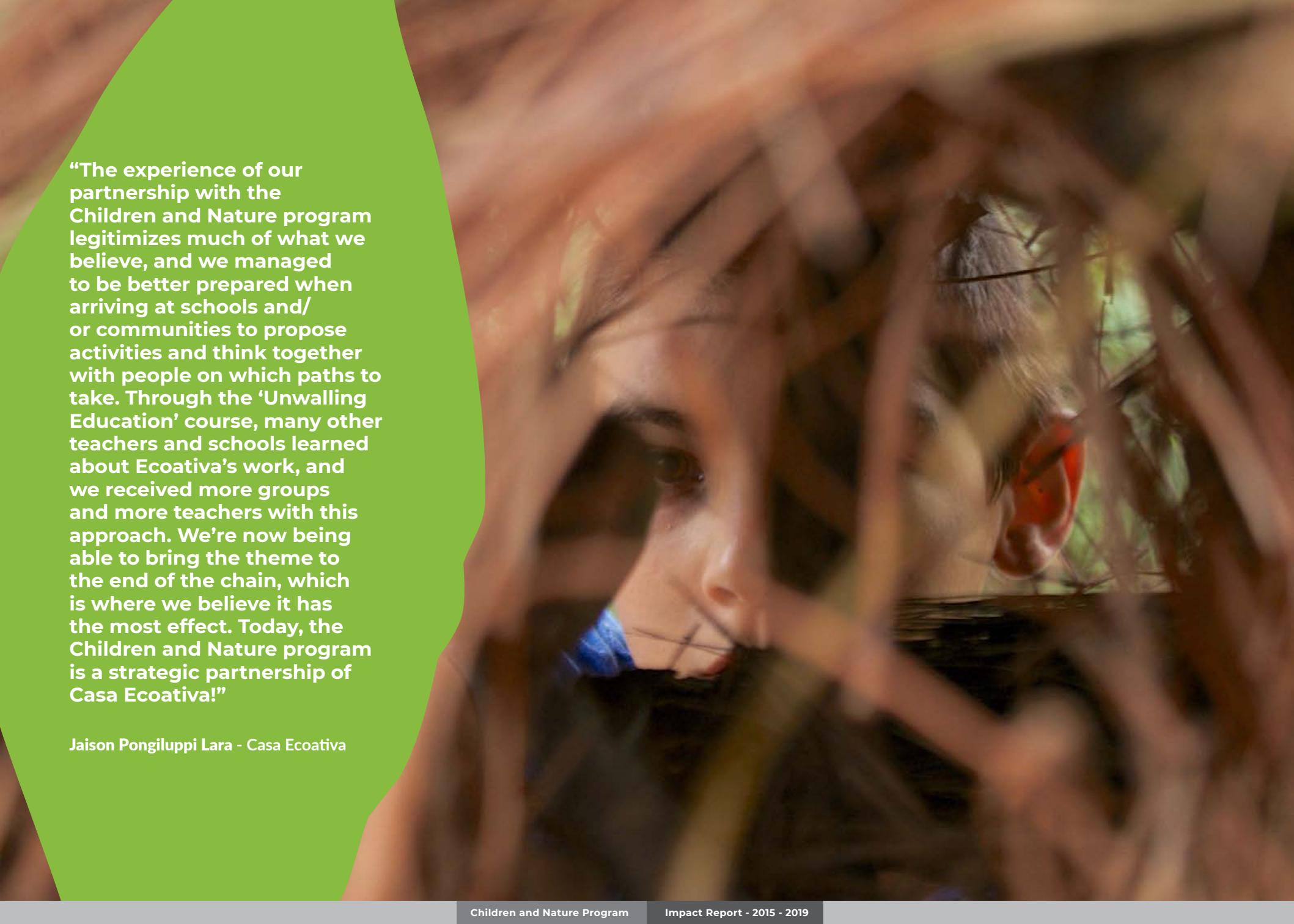
Training of more than **1,300
teachers** on unwalling
childhood at events in the
cities of Curitiba (PR), São
Paulo (SP), Brasília (DF) and
Rio de Janeiro (RJ)



A photograph of three children running up a set of wide stone steps in a park. The steps are made of large, grey stones and are partially covered with green grass. In the background, there are large, leafy trees and a clear sky. The child on the left is a boy in a white t-shirt and dark shorts. The child in the middle is a girl in a pink tank top and blue shorts. The child on the right is a girl in a white t-shirt and light blue shorts. They are all running towards the top of the steps. The image is partially obscured by an orange shape on the left side, which contains text.

“Sesc Piracicaba was a relevant partner, together with the Municipal Department of Education, in promoting the 1st Municipal Week of Play. We held a series of formative actions, implemented by teachers in recreational and educational activities in all schools in the municipal network. More than 660 education professionals attended training courses and more than 35,000 children and their families were involved. For the ‘unwalling’ activity, we received several teachers and managers from the municipal network, and they understood that ‘promoting a relationship with nature’ (and consequently removing children from the classroom) is a topic requiring urgent action. As a result, the Network chose that as the focus of actions linked to the Municipal Week of Play in schools.”

Camila Amaral Tavares - Sesc Piracicaba



“The experience of our partnership with the Children and Nature program legitimizes much of what we believe, and we managed to be better prepared when arriving at schools and/or communities to propose activities and think together with people on which paths to take. Through the ‘Unwalling Education’ course, many other teachers and schools learned about Ecoativa’s work, and we received more groups and more teachers with this approach. We’re now being able to bring the theme to the end of the chain, which is where we believe it has the most effect. Today, the Children and Nature program is a strategic partnership of Casa Ecoativa!”

Jaison Pongiluppi Lara - Casa Ecoativa



“We identify heavily with your proposal, and sought to participate in events and seminars. The materials you make available are used as the basis for our studies and team building work.”

Cristiane Rhein - Child Education
Coordinator at Escola Vira Virou - Rio de Janeiro (RJ)

Cities what we dream of

**Greener, more accessible and
child-friendly public spaces
as pillars of urban planning in
Brazilian municipalities**



Major milestones



2015

2016

2017

2018

2019

2020

1st Children and Nature Technical Mission: greener and child-friendly cities in Freiburg, Germany, with the participation of 17 delegates

2nd Children and Nature Technical Mission: greener and child-friendly cities in Freiburg and Griesheim, Germany, with the participation of 20 delegates (including representatives of **four municipal governments, a state government, universities and civil society**)


Cooperation Agreement between the city of Jundiaí and Instituto Alana offers training to city hall technicians and **leads to the creation of the Children and the City Intersectoral Working Group (WG)**

Review of the **Master Plan** for the city of Jundiaí (SP), which now includes a **chapter exclusively dedicated to policies for children**. Creation of a **Children's Council** to foster social participation in urban development

“We’re going to close a street [to traffic], then we’ll run another project to close an avenue, then close another avenue, and then start creating these great corridors. After the Technical Mission, the education department has already proposed a review of the schools’ play spaces so they can be more similar to what we saw in Germany. At the municipal department of culture, all actions in the city are planned from the child’s perspective first. We believe that this is a process. Jundiaí has joined the Latin American Child-Friendly Cities Network.”

Felipe Cunha - Sports Department of Jundiaí (SP)





“We have consolidated our commitment in this area to achieve increasingly higher public engagement so we can help people understand the city they live in. Two years ago, we had the ‘Rivers Discovered’ project, which was born out of the city’s recognition. And, from this recognition, the question emerged: what city do I want? When we get to know a reality like Germany’s, we want a city like that too. What is possible?”

Tânia Jardim - Education for Sustainability and Citizenship Department – Sesc SP

Technical Missions inspire leaders and impact at least five cities

Study and observation trip showcasing successful urban sustainability and child quality-of-life experiences based on the concept of child-friendly cities.

2017 Freiburg

Interdisciplinary delegation – universities, civil society organizations, entrepreneurs and public managers

2019 - Freiburg and Griesheim (playable city)

Interdisciplinary delegation – universities, civil society organizations, entrepreneurs and public managers from: Boa Vista (RR), Ceará (focus on Fortaleza), Curitiba (PR), Natal (RN), Jundiaí and São Paulo (SP)



Impacts of the Technical Mission in Jundiaí (state of São Paulo, Brazil)

Creation of the Children in the City Intersectoral Working Group

Review of the Master Plan, published in November 2019 by the Municipal Official Press, to include a chapter dedicated to children in the city.

Creation of the Children's Council for social participation

Implementation of a municipal law for "Streets of Leisure" (streets that are pedestrianized on specific days, usually weekends, to encourage outdoor activities).

Participation of two technicians from the municipality in the 2nd Technical Mission

"We presented a report of the Technical Mission to the Mayor. After the presentation, he called a new meeting with the managers (department heads) of urban planning and environment, public services, mobility and transport, government and finance, as well as the WC member departments (education, culture and sport), to align on possibilities for implementation by 2020. We will ask the Mayor to share the Technical Mission report with the 8,000 civil servants, at all levels, of the Municipality of Jundiaí. In doing so, we will seek to raise awareness among all municipal employees and create an increasingly favorable environment for children in Jundiaí."

Felipe Pinheiro da Cunha - Sports and Leisure Management Unit, Jundiaí Municipal Government



Impacts of the Technical Mission in Boa Vista (state of Roraima, Brazil)

New play areas have been created with water sources for children, inspired by the city of Freiburg

The Little Amazon Jungles, set up in parks and squares of Boa Vista with giant sculptures of animals typical of the region, were created as a way to allow children to play and interact with them.



“Everything offered to a child flourishes. Everything taken from a child takes its toll. My choice is for the children. For all the children. And my request is for help: to make this the choice of an entire city. When you go for a walk with your children in the city and they have spaces designed to strengthen their family bonds, this stays for the rest of their lives. Boa Vista has stood out because it is always thinking about making the capital a space increasingly used by children. The Selvinha Amazônica (“Little Amazon Jungle”) and this concept of playing while exploring creativity are spreading throughout the city.”

Teresa Surita - Mayor of the city of Boa Vista (RR)



Impacts of the Technical Mission in Fortaleza (state of Ceará, Brazil)

Implementation of the Playable Paths project, part of the Cool Attitude Project, carried out by the Childhood Institute (IFAN) in partnership with Kindernothilfe (KNH), the Vila Velha Social Integration Center (CIS), the Municipality of Fortaleza and the Municipal Education Department of Fortaleza. The project encourages students from public schools to walk the streets of their neighborhoods, pointing out aspects that should change so that paths can become safer, healthier, more playful and suitable for them and their families.



The technical mission brought many perspectives to IFAN (Childhood Institute). “The topic of children and cities, and (transversally so) nature, will be based in the following context: a) Conceptual basis on the theory of change; b) Playable Paths Project (in Fortaleza) in three urban spaces around schools; and c) Living Your Best Childhood Projects in 10 municipalities with a focus on governance. The Municipal Plan for Early

Luzia Laffite - Childhood Institute (IFAN)

Inspiration for public managers

The mayors of the cities of Jundiaí (SP) and Boa Vista (RR), who participated in the Children and Nature Technical Mission, were invited to speak at the opening ceremony and participate in panels at the Urban 95 Festival (Rotterdam, Netherlands). They were invited as references names, as mayors who already undertake actions to promote greener and child-friendly cities. More than 80 leaders participated.

“In 2019, under the command of Sylvia Angelini, we managed to make a master plan that has a chapter especially dedicated to the child. I think this is also innovative, this is also within the concept of construction done with the Alana Institute itself, which brought us that look towards the development dimension.”

Luiz Fernando Machado

Mayor of Jundiaí (state of São Paulo, Brazil)



From left to right:

Claudia Vidigal – Bernard Van Leer Foundation

Laís Fleury – Instituto Alana

Luiz Fernando Machado – Mayor of Jundiaí (SP)

Teresa Surita – Mayor of Boa Vista (RR)

Karina Tollara Dalkimin – São Paulo (SP) Municipal Government



“The Child Participation in Urban Mobility Public Policies course was a success, and the materials were highly praised by the participants in the evaluation. We had 450 participants from 203 cities in Brazil, as well as four international cities. At the end of the course, we received 110 action plans from groups in 58 cities. Now, we are designing a second stage in which we will follow some cities more closely to encourage them to implement their plans. Thanks again for Instituto Alana’s contributions with the podcast and the video interviews.”

Raquel Ribeiro - Popular Image Creation Center (CECIP)

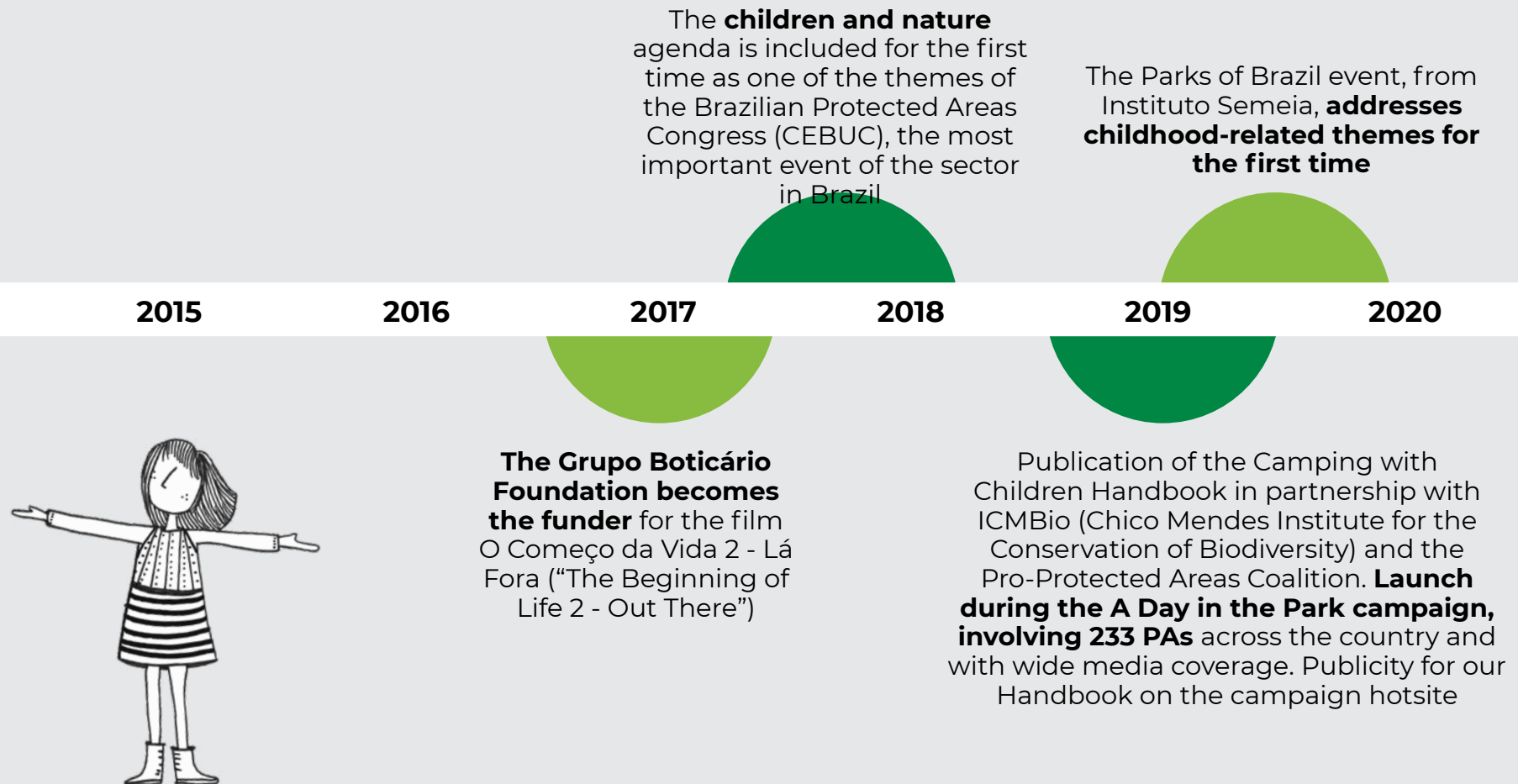
Nature Conservation

what we dream of

Children experiencing significant interactions with the natural world as part of the strategies of professionals and institutions that promote nature conservation



Major milestones



The program also included the importance of children connecting with nature in the agenda of many events that were already consolidated. In partnership with the Grupo Boticário Foundation and the Children & Nature Network (C&NN), it brought Cheryl Charles, co-founder and CEO Emeritus of the C&NN, to give a lecture at the Brazilian Protected Areas Congress (CBUC), the most important event in the sector in Brazil.





“The Children and Nature program was essential in translating, compiling and organizing a theoretical and referential framework on the subject. I believe it is the biggest reference on this topic today. From the materials made available and seminars and debates promoted, a broad perspective emerged both of the benefits and possible tools for action on this topic. The program promoted practical activities in schools, guided the creation of groups and established important partnerships. How can we make this important message reach even more parents, caregivers, teachers and public managers?”

Mariana Ferreira - Science Manager at WWF-Brazil and member of the Pro-Protected Areas

A close-up photograph of several dandelion seed heads against a teal background. One seed head is in sharp focus in the foreground, while others are blurred in the background. The seeds are white and feathery, and the stems are thin and brown.

Children and Nature Seminars

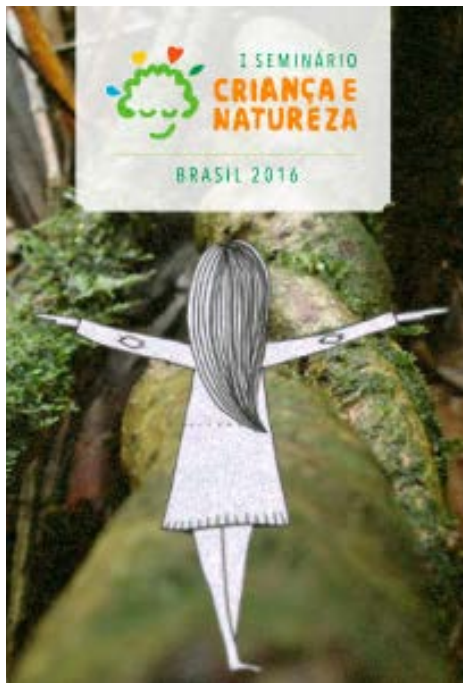
Meetings, seminars and conversation circles revealed the multiplicity of initiatives, projects and public policies that drive and legitimize the children and nature movement

Engagement of a growing number of experts and academic institutions, civil society and public authorities

Systemic view of the cause, strengthening actions in the different axes – Education, Cities, Health and Nature Conservation



Maria Amélia Pereira (Peo)
Founder of the Casa Redonda Study
Center and OCA - Cultural School



UMAPAZ Auditorium –
Ibirapuera Park/SP
and Tom Jobim Theater –
Rio de Janeiro Botanical
Gardens/RJ



Paineiras Visitors
Center -
Rio de Janeiro/RJ



Sesc Interlagos -
São Paulo/SP



Sesc Senac Theater
Sesc National Chapter
Rio de Janeiro/RJ

More than **1,600 participants**

45 Brazilian and foreign **speakers**

More than **20 practical activities**

Exhibit of **50 works** selected among **170+ applications**

Participants from **20+ Brazilian states**

Participants from **other countries**, like Chile, Argentina, Peru and Portugal

“Since I work with teacher training and I believe in the child as an integral being, I brought environmental education and science trainers with me to the event, and we started partnerships in school yards, involving movement, play and socioemotional skills. Here, in partnership with Sesc, we promoted an ‘unwalling’ activity with members of the program, together with teachers and managers from our schools who had already started actions at educational spaces in their surroundings. And we continued this year with our Seminar, which served as the foundation for the theme of the 2nd Municipal Week of Play – ‘We are nature: playing, the body and the power of school spaces’.”

Priscila Lima Ferreira - Municipal Education Department of Sorocaba (SP) – Teacher Training



“This meeting completely changed my life, both professionally and personally. My mission now is to demand the fundamental right of today’s children and future generations to have access to and enjoy nature.”

Isabela Oliveira dos Santos Maria - Physical Education Teacher



“What we have done within the management of education for sustainability is working on the methodology we call ‘Ideas and actions for a new time’. We place the operational units directly in touch with their territory to identify social initiatives that make a difference in their locality. And this year, because of the seminar, we brought this idea to discuss children’s relationship with nature. We held a series of meetings with these technicians to think about ways of mobilizing, raising awareness, acting and influencing the action plan of the unit.”

Denise Minichelli Marçon - Education for Sustainability and Citizenship - Sesc São Paulo



Parque Sensorial Natural

Resumo: O Parque Sensorial Natural é um espaço para diferentes experiências de contato com a natureza e o ambiente natural, com o objetivo de proporcionar experiências e aprendizagem ambiental e social para a comunidade em geral.

PARQUE SENSORIAL NATURAL

1. Partilha de ideias e de outras experiências de natureza
2. Meio de apoio de natureza
3. Meio de apoio de natureza
4. Meio de apoio de natureza
5. Meio de apoio de natureza
6. Meio de apoio de natureza
7. Meio de apoio de natureza
8. Meio de apoio de natureza
9. Meio de apoio de natureza
10. Meio de apoio de natureza
11. Meio de apoio de natureza
12. Meio de apoio de natureza

Educação e a Mobilidade do Tempo

Resumo: Este trabalho tem como objetivo apresentar as experiências de educação ambiental e social realizadas no Parque Sensorial Natural, com o objetivo de proporcionar experiências e aprendizagem ambiental e social para a comunidade em geral.

PROJETO DE EDUCAÇÃO AMBIENTAL

Objetivo: Proporcionar experiências e aprendizagem ambiental e social para a comunidade em geral.

PARQUE SENSORIAL NATURAL

Resumo: O Parque Sensorial Natural é um espaço para diferentes experiências de contato com a natureza e o ambiente natural, com o objetivo de proporcionar experiências e aprendizagem ambiental e social para a comunidade em geral.

“Last year we participated in the Seminar with an account of experiences. Our space has taken a lot from Alana’s movement. We are located in a park in the center of the city, and work with environmental education activities from the perspective of children and nature. We use the book collection as recommended reading in our teacher training. Our team is grateful for so many inspirations.”

Mogar Miranda - Coordinator of the Nestor Wailer Municipal Environmental Education Center (CEMEA) – Campo Bom (RS)



Regional meetings

We engage and articulate with local-level representatives of governmental institutions, academia, civil society associations, schools, social movements and healthcare agents, among other leaders, to share knowledge and experiences, raise awareness and drive new opportunities for building more human and child-friendly cities.



More than 700 people participated in the Children and Nature Regional Meetings

Porto Alegre 2016

Partnership with Escola Amigos do Verde and Sementes ao Vento Institute

Goiânia 2017

Partnership with the Municipal Department of Education and Sports of Goiânia

Belo Horizonte 2017

Partnership with Escola da Serra and Recreare

Natal 2018

Partnership with the City of Natal Museum of Affective Memory

Brasília 2018

Partnership with the Mangarandu NGO, with support from the University of Brasília Center for Excellence in Tourism (CET-UnB)

Florianópolis 2018

Partnership with Cria que Voa (“Kids who Fly”), an initiative that encompasses the Casa Curiosa (“Curious House”), Trilhas de Criança (“Child Trails”) e Jardim das Brincadeiras (“Garden of Play”) projects

Recife 2019

Partnership with INCITI – Research and Innovation for Cities, a network of researchers from the Federal University of Pernambuco (UFPE)



Our publications

The knowledge that has been gathered and made available by the Children and Nature program is a reference for different audiences in Brazil and other countries



A última criança na natureza

resgatando nossas crianças do transtorno de déficit de natureza

(Portuguese translation of "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder")

Format: print

The book presents a comprehensive synthesis of research that links the presence of nature in children's lives with their physical, emotional, social and academic well-being.

1st edition (2016), 2,000 copies

2nd edition (2018), 1,000 copies

Impacts:

We provided a Portuguese translation of this important reference on the topic of children and nature.

More than **2,000 copies** sold in bookstores.

More than **1,000 copies** delivered to all **state public libraries** in RJ and SP, to educators at different events, to various municipal and state education departments and to organizations such as the United Nations Environment Program (UNEP), in addition to universities and researchers in Brazil and abroad.





RIO DE JANEIRO 2016



“The program was where I found an organized compilation of information, knowledge and dissemination of ideas and practices (including those made accessible to Brazilians through the translation of important works) on the relationship between children and nature – and between humanity and nature. I produced texts and an exploratory study on the routines of children and adolescents served by the School Complaint Guidance Service. I started disseminating these subjects frequently at scientific and other events, always counting on the support of the program, which provided me with books to distribute at these occasions – which people were scrambling to get.”

Beatriz de Paula Souza - Psychologist at the University of São Paulo Institute of Psychology (IPUSP), coordinator of the School Complaint Guidance Service



Desemparedamento da infância:

a escola como lugar de encontro com a natureza

("Unwalling childhood: the school as a place to encounter nature")

Format: print and PDF

The work compiles possible paths for reframing school spaces as potential places for children to encounter nature, and addresses how this connection can favor their development and learning.

Impacts:

Live webcast for education leaders through the Conviva channel. Conviva is an UNDIME initiative that offers a free management system focused on education managers and technical teams at the municipal level. Representatives from 92% of the country's municipalities and over 2,200 Municipal Education Departments registered to attend the event.

Training cycle with Sesc SP in **five cities**.

15,000+ **downloads** in Portuguese and English

1,500+ print copies distributed to educators, education departments, Sesc's network of units and members of the International School Ground Alliance (ISGA), as well as in various meetings, seminars and education congresses (including the National Conference on Alternatives for a New Education (CONANE), among others).



Handbook Benefícios da natureza no desenvolvimento de crianças e adolescentes

("Benefits of Nature in Child and Adolescent Development")

Format: print and PDF

Prepared by the Working Group on Health and Nature – a partnership between the Children and Nature program and SBP – the publication guides and inspires pediatricians, families and educators on the importance of children and adolescents living in the midst of nature for their health and well-being.

Impacts:

SBP sent the Handbook to the **22,000 pediatricians** in its network, in addition to distributing printed copies at the 15th Brazilian Adolescence Congress.

More than **8,000 downloads** from the Children and Nature website and more than **4,300** from the Brazilian Society of Pediatrics website.



"At the 15th Adolescence Congress of the Brazilian Society of Pediatrics (about 500 participants), I contrasted the problems of using technologies with the benefits of being in nature with your family instead of playing video games!"

Everyone liked the 'Handbook on the Benefits of Nature in Child and Adolescent Development'! And it was distributed to professionals from 10 states plus Uruguay, Argentina, Peru and Colombia."

Dra. Evelyn Eisenstein - Brazilian Society of Pediatrics

Guia acampando com crianças

("Camping with Children Handbook")

Format: PDF

Created to encourage families to experience a seldom used way of including nature in children's lives in Brazil: camping in protected natural sites, such as Protected Areas. It presents several practical tips and a series of suggestions for those willing to launch themselves into their first adventures.

Impacts:

Frequent dissemination of the Handbook by organizations that make up the Pro-Protected Areas Coalition, which brings together companies and civil society organizations **committed to the valuation and protection of Natural Protected Areas.**

The Handbook was launched during the "A Day in the Park" 2019 campaign, and had **great prominence on the websites of the Pro-PA Coalition and ICMBio.**

7,600+ downloads.

"I have already received feedback from several people on the quality and importance of the material, including the current executive board. Some colleagues also share the material on their own networks, and the guide has certainly become a reference material for ICMBio itself."

Márcia Muchagata - (ICMBio) on the Camping with Children Handbook



Knowledge Base

Provision of a curated virtual library of resources and information on the topic of children and nature

The knowledge that has been gathered and made available by the Children and Nature program is a reference for many audiences in Brazil and abroad

47
books

76
research papers and studies

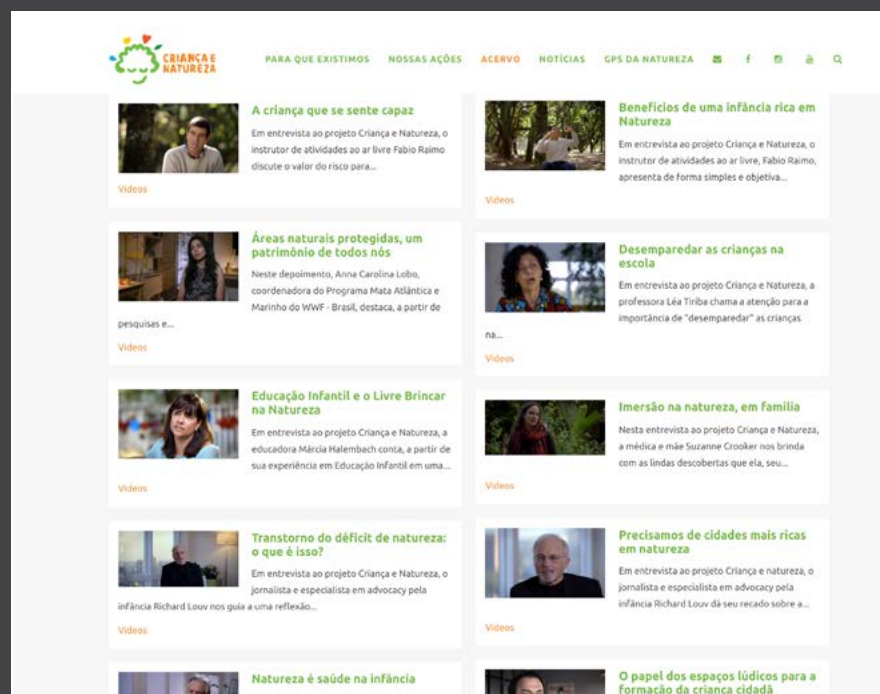
47
videos

29
Brazilian organizations

26
international organizations

"I loved the video! I'm a school counselor in the city of São José dos Campos and we're using this video as an awareness tool with teachers on how to build a pedagogical proposal that contemplates the rights of children to have contact with nature. Many conceptions about nature have been distorted over the years in our consumerist and industrial society, which sees nature as something dirty, dangerous!! This awareness work is also being done with parents who don't like their children to get dirty. We will certainly win this fight, because there is no one who doesn't benefit from contact with nature. Congratulations to everyone at Instituto Alana."

Comment on YouTube



Over 187K views

“Amazing! What a touching speech! I can still remember the years stuck at a classroom desk, the make-up classes for held-back students and the boredom of being alienated by alienated adults... I remember how good it was to walk around the school backyard and the vegetable garden, and how boring it was to see slides with drawings of plants to memorize their Latin names. One day the adults will see what they have done and are doing to children; maybe their hearts hurt too much to admit what they themselves have done. Gratitude for this video, with this precious speech that shows that not all adults are alienated robots torturing children in classrooms.”

Comment on YouTube

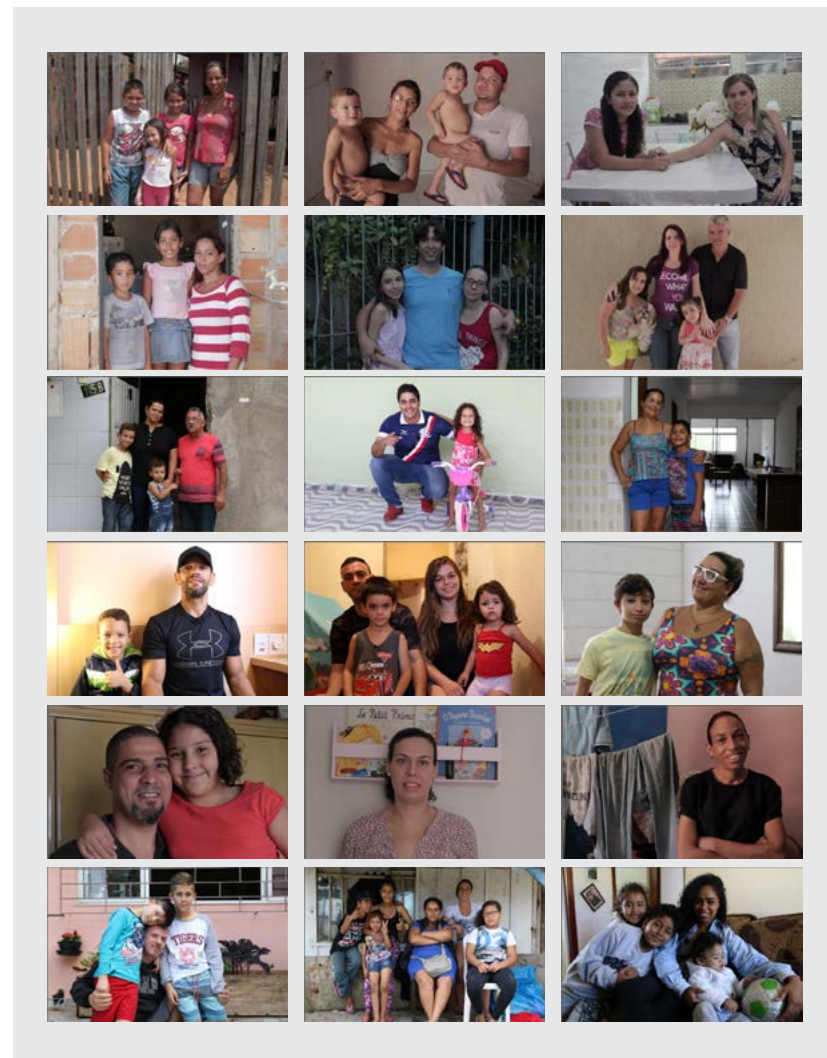


Investment on research

Criança e Natureza: um estudo sobre brincar ao ar livre em contextos urbanos no Brasil

("Children and Nature: a study on outdoor play in urban contexts in Brazil")

Commissioned by the Children and Nature program to the Vox - We Study People research institute, the study brings a portrait of the relationships between childhood and nature in the context of the big cities of the five Regions of Brazil.





Tools





Guia Ruas de Lazer (“Streets of Play Handbook”)

1,200 downloads

A guide to help families on how to think about and enable the temporary pedestrianizing of streets to encourage leisure activities in cities



Nature Family Group

2,300 downloads

An orientation guide with support materials for families and groups that want to go into nature with their children more often but are not sure how, where to go and what to do



Infographic - Biking for a Healthy Childhood

540 downloads

Includes guidance on the importance of cycling for child development and how to encourage and enable the use of bicycles in cities



Handbook – How to Be a Good Square

1,900 downloads

Tips, information and case studies on how to revitalize public squares and turn them into excellent meeting places



GPS da Natureza (“Nature’s GPS”)

3,860 logins

Geolocation-based app that suggests places and activities to do with children in open areas and nature, searchable by location, weather and age group



The book **Tela com Cautela**, by Roberta Ferec and Rafaela Carvalho, published in 2019 by Editora Matrescência, mentions Nature’s GPS, the Camping with Children Handbook and the Handbook on the Benefits of Nature in Child and Adolescent Development as important tools and strategies in the search for balance between the digital and analog worlds

Communication and social media



More than 430,000 page views on the website



data from June 2016 to December 2019

* Percentages indicate year-on-year growth of total likes



PARA QUE EXISTIMOS

NOSSAS AÇÕES

ACERVO

NOTÍCIAS

GPS DA NATUREZA



Coronavírus

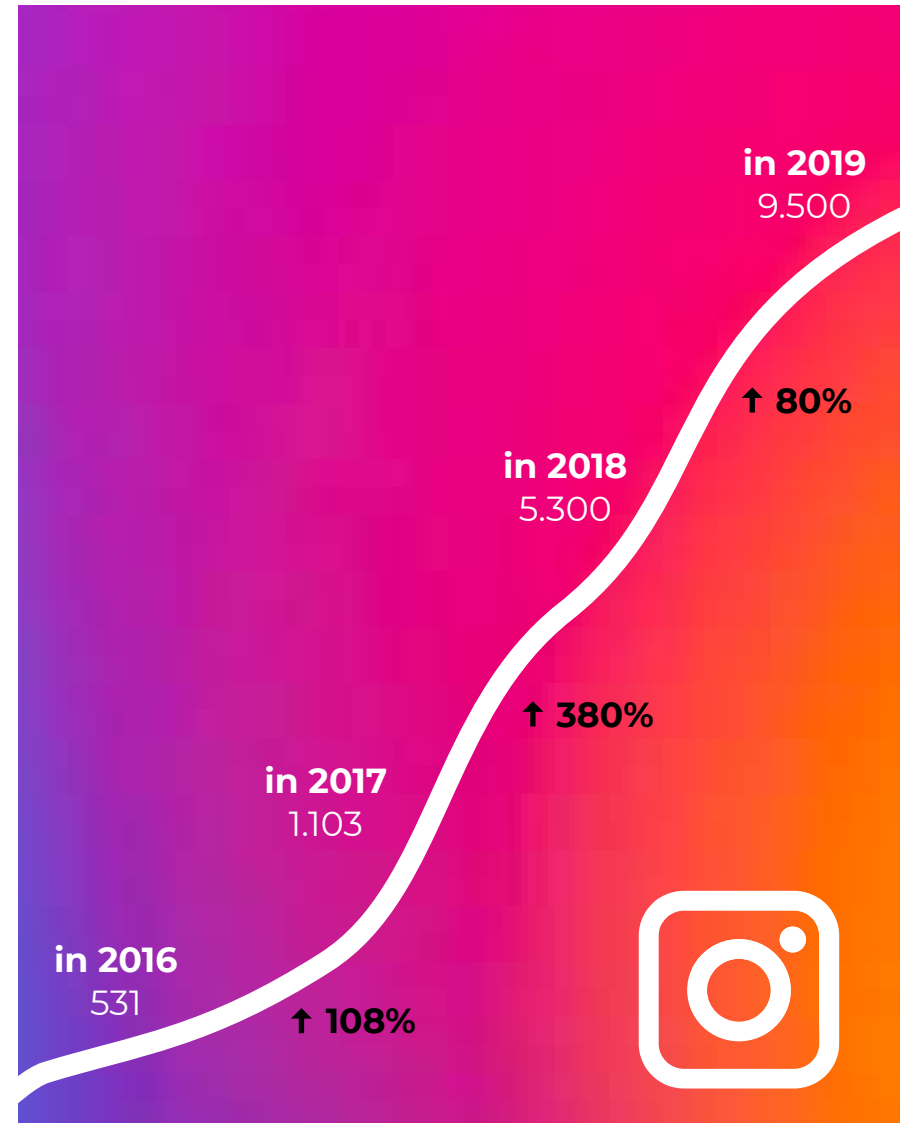
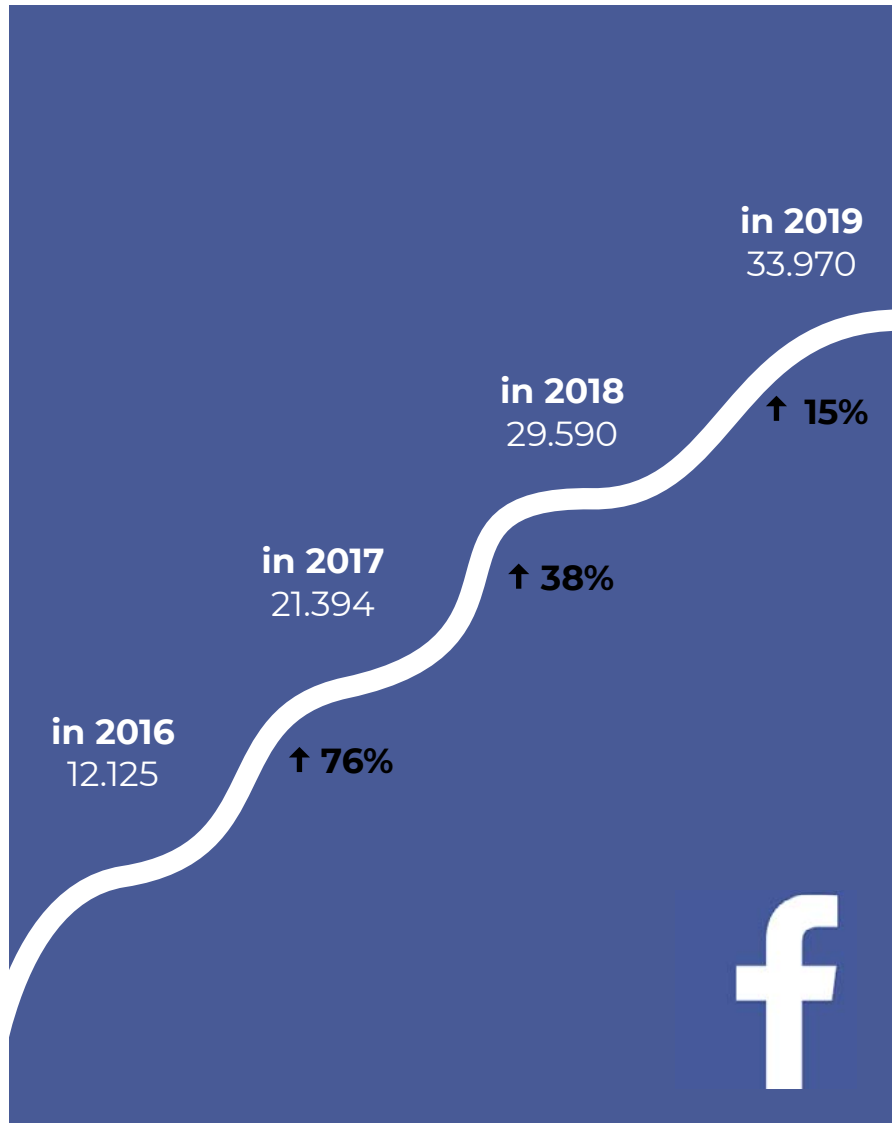
Solidariedade, cuidado e criatividade

Como manter contato com a natureza durante o isolamento social

www.criancaenatureza.org.br

**434,728 page views between
January 1, 2016 and December 31, 2019**

Total likes per year



* Percentages indicate year-on-year growth of total likes

Press

From 2015 to 2019, the Children and Nature program was the subject of more than 1,000 news stories in different media outlets across the country.

2015: the program earns a recurring column in Conexão Planeta*, publishes its first article and appears in two news stories (from October to December)

2016: 235 appearances in news content and 14 articles published

2017: 171 mentions in news content and 13 articles published

2018: 237 mentions in news content and 9 articles published

2019: 421 mentions in news content and 11 articles published

* From 2015 to 2019, the Children and Nature program published 45 articles on Conexão Planeta, a website for communication and activism for sustainability that reached 4.3 million views in 2019 alone. Source: Conexão Planeta

The article “The risk of saying ‘You can’t, it’s dangerous!’” is among the “10 Stories that Went Viral at the Conexão Planeta Blog in 2015”, the year in which the Children and Nature program was launched.



Press

Here are some of the highlights:

O Globo 04/09/16

[“Children are suffering from a nature deficit, says social entrepreneur”](#)

Rede Globo TV network

Bem Estar 06/10/16

[“The importance of connecting health and nature”](#)

O Estado de S. Paulo

Section: Education 06/20/16

[“Schools in São Paulo encourage students’ contact with nature”](#)

Época Magazine 10/20/16

[“Why contact with nature is important for children”](#)

Rede Globo TV network

Globo Repórter 11/25/16

[“Outdoor activities help reduce allergies and childhood infections ”](#)

CBN radio

Show de Notícia Program 01/21/17

[“How to Be a Good Square Handbook encourages families to occupy spaces”](#)

CBN 09/15/17

[“Project follows experiences in the relationship between children and the environment around the world”](#)

BBC Brazil 06/04/18

[“Children clean up wasteland and turn it into yards, vegetable gardens and reading areas”](#)

Folha.com 04/18/19

[“Schools are beginning to tackle nature deficit in children”](#)

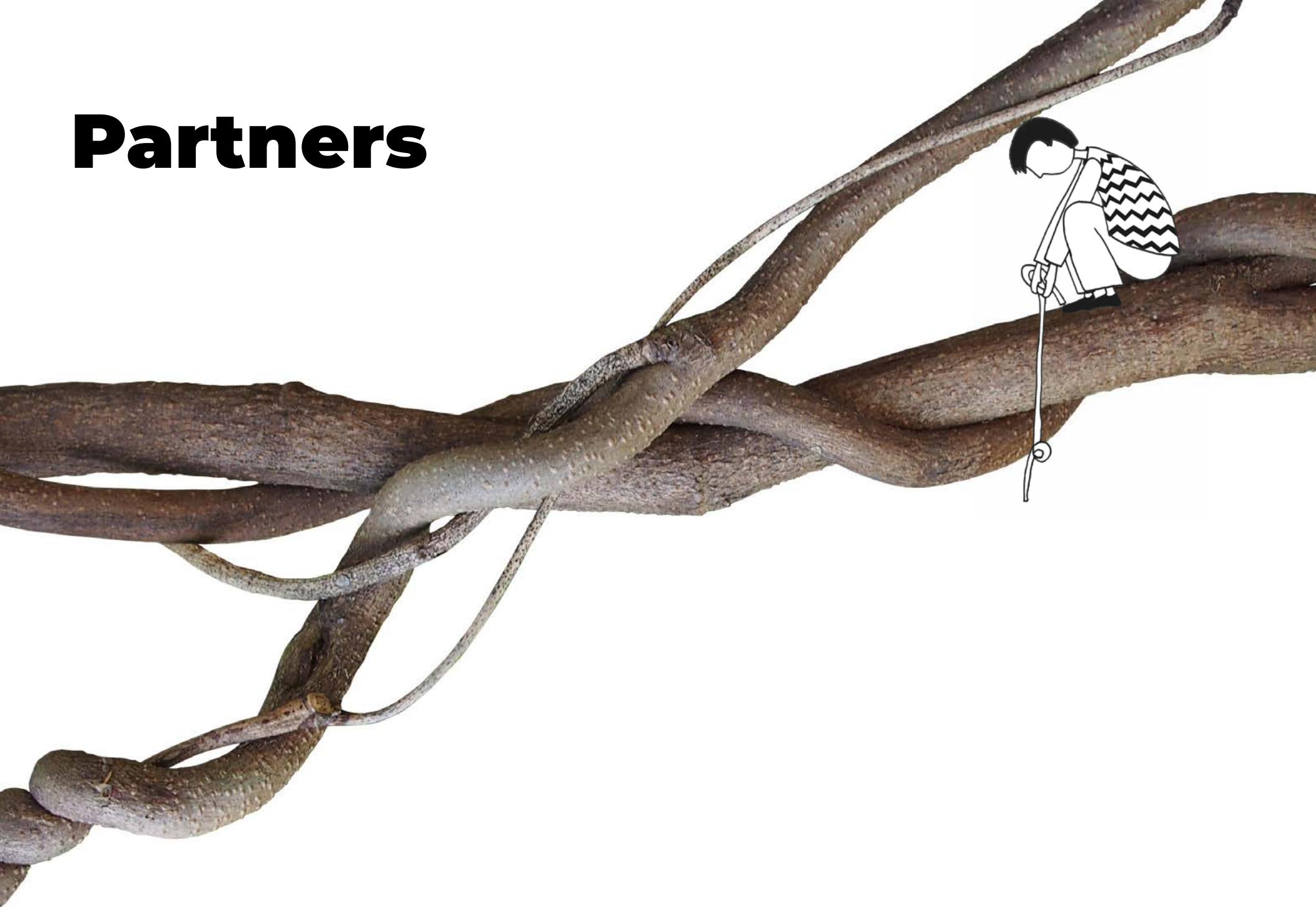
O Estado de S. Paulo 07/01/19

[“Studies contradict overprotective parents, suggest ‘dangerous’ playgrounds for children”](#)



Lea Tiriba
Professor at UNIRIO School of Education (RJ)

Partners



Alziras Institute
Avistar Brasil
Bernard Van Leer Foundation
Bike Anjo
Bird Observatory - Instituto Butantan
Boa Praça Movement
Borandá Movement (WWF-Brazil)
Boticário Group Foundation
Brazilian Society of Pediatrics (SBP)
BrincaCidade
Casadágua Institute
Chico Mendes Institute for the Conservation of Biodiversity (ICMBio)
Children & Nature Network (C&NN)
Cria que Voa
Ecofuturo Institute
Goiás State Department of Education and Sports
Grupo Interinstitucional Queixa Escolar
INCITI - Research and Innovation for Cities (UFPE)
Integrative Pediatrics Unit – Instituto da Criança – HC FMUSP
International School Grounds Alliance (ISGA)
National Union of Municipal Education Managers (UNDIME)
Novo Hamburgo Municipal Department of Education
Open University of the Environment and Peace Culture (UMAPAZ)
Pediatria Integral
Portal Lunetas
Pro-Protected Areas Coalition
Serviço de Orientação à Queixa Escolar
Social Service of Commerce (Sesc - Departamento Nacional)
Social Service of Commerce - state of São Paulo (Sesc São Paulo)

The Maria Cecília Souto Vidigal Foundation released the Handbook on the Benefits of Nature in Child and Adolescent Development at the Radar da Primeira Infância website (www.radarprimeirainfancia.com.br), a portal that curates content on the topic generally available on the Internet, selecting pieces users can rely on.

The Grupo Boticário Foundation's Children's Day 2019 campaign was entirely based on the knowledge shared by the Children and Nature program, focused on encouraging outdoor experiences and highlighting their benefits for children's health and the development of environmental awareness.

Impact Network

Organizations that comprise, together with the Children and Nature program, a network that multiplies our messages and amplifies our impacts

National Impact Network

A cidade precisa de você Collective
Apé Mobility Studies
Brincar na Praça
Casa Ecoativa
Casa Redonda Study Center
Cidade Ativa
Cine-Ema
City of Natal Museum of Affective Memory (RN)
Co-Child Collective
Consulate General of Germany
Elos Institute
Environment-Education Group (GAE/PROARQ-FAU/UFRJ)
Erê Lab
Escola Ágora
Escola Amigos do Verde
Escola da Serra
Escola Santi
Federal University of Rio Grande do Norte (UFRN)
Institute for Sustainable Development and the Environment (IDEMA)
Itaú Cultural
Jardim Brincante
LivMundi
MaCamp
Martim Cererê Cultural Center

Miudezas Collective
Municipal Education Network of Novo Hamburgo
Municipal Government of Boa Vista
Municipal Government of Curitiba
Municipal Government of Jundiaí
Municipal Government of Natal
Municipal Government of Recife
Municipal Government of São Paulo
Municipal Natural Park of Marapendi
OCA Cultural School
Outward Bound Brasil
Parque Estadual Nature Library
Pensi Institute
Popular Image Creation Center (CECIP)
Recreate
Reference Center in Integral Education (Centro de Referências em Educação Integral)
Romã Institute
School Complaint Interinstitutional Group (GIQE)
School of Architecture and Urbanism (FAU/USP)
Semeia Institute
Sementes ao Vento Institute
State Government of Ceará
University of Brasília (UnB)
Voador

Global Impact Network

Latin American Children and Nature Network

ARGENTINA
Municipality of Rosario

CHILE
Fundación Inspira
Fundación Mi Parque
Fundación Patio Vivo

PERU
Asociación para la Ninez
y su Ambiente

Worldwide

International Union for Conservation of Nature (IUCN)

Germany (Technical Missions)

Bagage Pedagogische Ideenwerkstatt
Draußenkinder - ABA Fachverband
Green City Freiburg/ Referat Internationale Kontakte
Kinderabenteuerhof
Waldwerstatt - Freiburg
Planungsbüro Stadtkinder
RheinRuhr AöR - VRR
Zukunftsnetz Mobilität NRW - Koordinierungsstellen
Rhein-Ruhr Verkehrsverbund
Prof. Bernhard Meyer e Prof. Ellen Weaver

Participation in councils and committees

International School
Grounds Alliance (ISGA)

Centro de Referências
em Educação Integral
(Reference Center in Integral
Education)

Child and Adolescent WG
of the Nossa São Paulo
Network

PLaTO-Net Terminology
Consensus Project Steering
Committee (Play, Learning
and Teaching Outdoors)

Team

Alana

President

Ana Lucia Villela

Vice-Presidents

Alfredo Villela Filho

Marcos Nisti

CEO

Marcos Nisti

Chief People and Resource Management Officer

Lilian Okada

Instituto Alana

Executive Officers

Carolina Pasquali

Isabella Henriques

Children and Nature program

Coordinator

Laís Fleury

Researcher

Maria Isabel Amando de Barros

Pedagogical Advisor

Paula Mendonça

Communications Advisor

Raika Julie Moises

Articulation and Mobilization Advisor

Thaís Chita

Communications Consultant

Regina Cury

Focal Point in Germany

Tatiana Cyro Costa

Administrative Assistant

Marlon Silva de Sousa

Interns

Ana Clara Dias

Guilherme França Anastácio

Special thanks to Ana Claudia Arruda Leite, Alana's director of education when the Children and Nature program (programa Criança e Natureza) was conceived, who was instrumental to its germination.

