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## ENC to hold winter nature camps

The Environmental Nature Center (ENC) will present Winter Nature Camps in three sessions: December 17 - 20, December 26 - 28 and January 2 - 4, 2019. Full day camp is from 9 a.m. - 3 p.m., and half day camp is from 9 a.m. - 1 p.m. Nature Adventure Camp is for campers in grades K - 6 and Little Naturalist camp is for campers ages 3 - 5.

During Winter Nature Camp, campers will participate in educational, age appropriate hands-on activities. Adventures within the Nature Center will increase their knowledge and appreciation for the natural world.



*Click on photo for a larger image*

*Courtesy of ENC*

"This Winter Camp marks one full year since the ENC introduced Little Naturalist Camp," said Sue Bierlich, ENC nature preschool director. "Our Little Naturalist Summer Camp filled up within a few days of opening registration, so we are looking forward to a full Winter Camp. I'm so thankful that parents are just as excited as we are to immerse their children into nature at an early age, when it is most important."

A recent survey found that on average, children now spend only 12.6 minutes a day on outdoor activity compared with 10.4 waking hours being relatively motionless watching TV or on computer screens. Another study found that 50 percent of preschoolers lacked even one outdoor play session per day.

"We are raising a generation of sedentary kids who would rather sit on the couch with a cell phone or game controller than be outside armed only with a stick and their imagination," said ENC Executive Director Bo Glover. "Spending time outside in nature helps children develop spatial awareness and motor skills. It even helps their vision."

Visit [www.encenter.org](http://www.encenter.org) for more info about Winter Nature Camps.

Environmental Nature Center is located at 1601 E. 16th St., Newport Beach.