

## Education In The Backyard

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**T**here is an interesting Act in the US, it is called No Child Left Inside Act 2008. It is based on scientific data that children who are exposed to outdoor activities in nature are not only physically healthier but do better in studies as much as 27 percent higher than children who lack interaction with birds and bees and trees and mud on their knees.

The heavy downpour laid a lush carpet of green and for colony residents this is a good time to entice their reluctant kids outdoors in the mornings when it is cooler. Weekends are ideal.

I was amazed to find a Grey Hornbill at Pahadi Mandir in GK-I a year ago. There are



lots of birds in the adjoining parks and in your own garden, that is if you managed to retain these precious spaces, inspite of the growing obsession in people to cement every inch.

Highly recommended is birdwatching trip with any of the 'Birding' groups in Delhi. Imagine the frustration when you see a bird after patient waiting, and you come back not any wiser as you have no one to help you identify it. It is advisable to get initiated to our feathery friends society. If you have a good pair of binoculars or digicam then you can train kids into keen observers of detail.

As Mr Ahuja our group member, interestingly pointed out that another area in which residents can experience a very fulfilling relationship 'outdoors' is trying out growing their own organic veggies in pots and gardens. The joy of plucking some Basil or Palak and adding to a bowl of soup, or mint to Lemon Iced tea is unspeakable. So mamas get your kids and your hands dirty and you will know that your lil ones will not only grow a green thumb but also fare better in those science lessons AND save some monies on the escalating vegetable bills.