

# Balance Screen Time With Green Time

## Connecting Students With Natures

Emily Morgan

Youth spend anywhere between four and nine hours on screens every single day. Meanwhile, a growing body of research shows how detrimental excessive screen time is on physical and mental health. The antidote? *Green time*.

Written by bestselling author and science educator Emily Morgan, *Balance Screen Time With Green Time* gives teachers and school leaders practical, evidence-based strategies that seamlessly incorporate the restorative power of nature into the school day. Transform learning experiences and improve student and educator well-being with:

- Research-based strategies that improve attention, engagement, pro-environmental behaviors, and mental and physical health while reducing stress
- Dozens of easy-to-implement “green breaks”—short, invigorating experiences with nature—that help students and teachers renew and refocus throughout the school day
- Stories of innovative educators who connect students with nature and offer meaningful ways to integrate green time while enhancing learning
- A curated collection of resources to support educators of all grade levels, content areas, and school environments.

With green time, we have an opportunity to create a generation of students who are not only more connected to the natural world, but are also the environmental stewards our future so desperately needs. Balancing screen time with green time is an investment in student well-being, our collective future, and a healthier planet.



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“By working regular green time into the school day, we can help students develop a lifelong strategy for taking green time to improve their overall wellness and foster lasting connections with nature.”