Stress Less, Read More!

Titles connected to the work of Mass Audubon Society

Hiking Activity Book for Kids
by Amelia Mayer  J 796.5 MAYER (Available in SAILS catalog)

1000 Hours Outside: Activities to Match Screen Time with Green Time
by Ginny Yurich  LRC 790.191 YUR 2022

Nature Swagger: Stories and Visions of Black Joy in the Outdoors
by Rue Mapp  796.5019 MAP 2022 (Available in SAILS catalog)

Naturally Inclusive: Engaging Children of All Abilities Outdoors
by Ruth Wilson  PS 790.1 WiL (Available in SAILS catalog)

Great Outdoors U.S.A: 1,000 Adventures Across All 50 States
796.509 NAT (Available in SAILS catalog)

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