## Navigation Games For Learning Pods

## Fun, safe and outdoors

As children adapt to increased screen time, it's important now, more than ever, to get outdoors to connect with nature and others. We're here to provide fun and safe outdoor activities to learning pods.

Navigation Games delivers outdoor experiential education based on orienteering, a non-contact, naturally "physically distanced" sport. Our programs build spatial awareness, critical thinking, map reading skills, communication, and teamwork— they're also a lot of fun! Our health guidelines allow students to enjoy the benefits of the outdoors while remaining safe.

We are a 501(c)3 non-profit organization with a mission to bring map navigation education to all children.

Contact us at admin@navigationgames.org for more information!



## **MENTAL HEALTH**

Exposure to nature can reduce stress levels by as much as

**28%** 

in children. Outdoor exercise improves mental and physical well-being more so than indoor activity.

## ACADEMIC SUCCESS

**75%** 

of surveyed educators said students who spend regular time outdoors tend to be more creative and better able to problem solve in the classroom.



