

MEDIA RELEASE

Inspire New Nature Lovers – Project Wild Thing Movie Central Coast Screening

Saturday 23rd May 2015, Kariong Eco Garden

How can we expect our kids to grow up and care for nature if they have had nothing to do with it? Sadly there has been an increasing disconnect between kids and nature over the last 30 years. Kids spend much more time inside now than they have ever done before. They have more screen time with a growing variety of media forms to occupy their time inside. It's not just our kids' health, but the health of the planet that is at risk.

"I have seen a big change in the number of kids playing outside even over the last 10 years", said Kate Hooghuis, Kariong Eco Garden Volunteer & Environmental Educator. *"Kids in our local area are spending a lot more time inside, there are no longer kids riding bikes up and down the street like there used to be, or making cubbies in the bush, and this concerns me."*

There are huge benefits to letting kids play outdoors. It is important for their physical and mental health, they have better concentration, it reduces stress, provides Vitamin D and is beneficial for the development of healthy eye sight. Experience in nature as a child also leads to environmental stewardship later in life.

In an effort to inspire a new generation of nature lovers the Kariong Eco Garden is screening the documentary Project Wild Thing at their next 4 Seasons Art and Film night on Saturday 23rd May. Project Wild Thing is a film led movement to get more kids (and their parents!) outside and reconnecting with nature. The film is an ambitious, feature-length documentary that takes a funny and revealing look at a complex issue, the increasingly disparate connection between children and nature.

"If we can help kids to experience nature, and in particular to feel a connection to their local environment, then they will be the ones to help to stand up for the environment and look after it when we are no longer here," said Kate.

Film Details: 6:30pm Saturday 23rd May, Kariong Eco Garden, Cnr Dandaloo & Woy Woy Rd Kariong, Free Entry, donations welcome. The Film is screening as part of an evening of family fun with a campfire, music performed by the Central Coast Conservatorium students and Tangelos and the inaugural Eco Quiz (\$5 for a buzzer). Bring your camp chair and blanket for this outdoor screening (under roof). There will be BBQ food and home-made soups for sale, muffins, hot chocolate and chai.

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