

# Books to raise *active* kids by

1. *50 Dangerous Things (You Should Let Your Children Do)* by Gever Tulley
2. *50 Evening Adventures: After School - After Work - Out Of Doors* by The Meek Family
3. *Balanced and Barefoot: How Unrestricted Play Makes for Strong, Confident and Capable Children* by Angela J. Hanscom
4. *Big Book of Nature Activities* by Drew Monkman and Jacob Rodenburg
5. *Birdwatching for Kids* by George H. Harrison
6. *I Love Dirt: 52 Activities to Help You and Your Kids Discover the Wonders of Nature* by Jennifer Ward
7. *Last Child in the Woods* by Richard Louv
8. *Playbourhood: Turn Your Neighbourhood into a Place for Play* by Mike Lanza
9. *Vitamin N The Essential Guide to a Nature-Rich Life: 500 Ways to Enrich Your Family's Health & Happiness* by Richard Louv
10. *The Stick Book: Loads of Things You Can Make or Do With a Stick* by Fiona Danks
11. *The Kids Outdoor Adventure Book: 448 Great Things to Do in Nature Before You Grow Up* by Stacy Tornio and Ken Keffer
12. *Well Played: The Ultimate Guide to Awakening Your Family's Playful Spirit* by Meredith Sinclair



Listen to [Episode 9](#) of our [Mom2Mom Podcast](#) to hear our panel of mom bloggers discuss their picks from the list.

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