

# How do we raise Bookworms?

Research conducted by the British Journal of Sports Medicine reports that children do better on cognitive tests after spending time in nature\*.

# The Bookworm Trail



## The Books:

A new book will be placed in each section every week. The books will reflect a unique theme of each station. A variety of reading abilities will be available.

## The Outdoors:

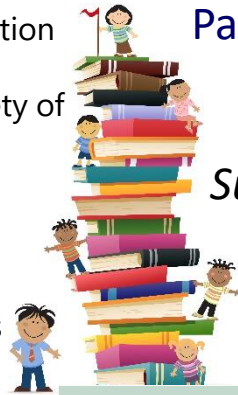
It is a 0.5 mile paved trail with gentle slopes in four different native habitats with quiet surroundings.

## How It Was Built:

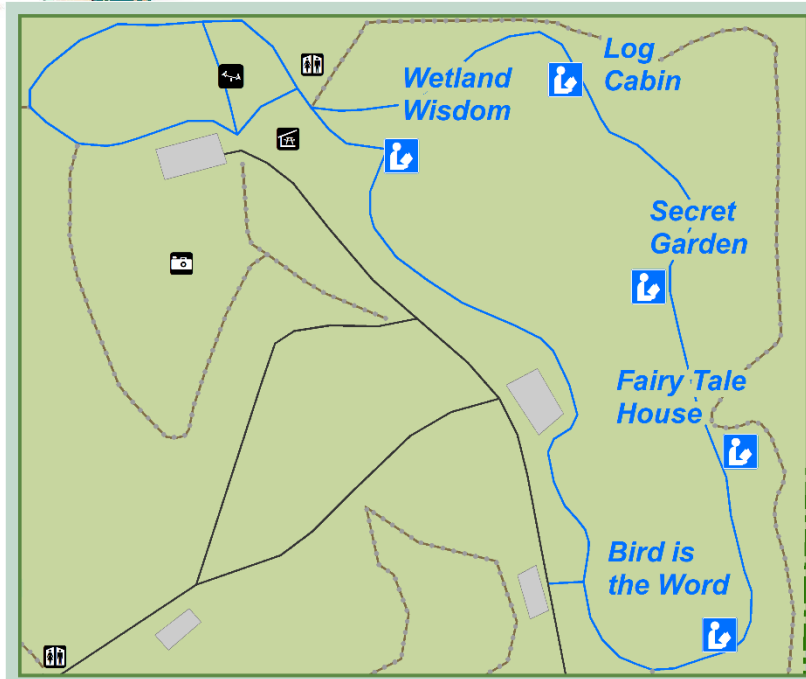
It was built with material donations from businesses, citizens, civic groups, and volunteer labor hours. Memorial and advertising space for donors were incorporated into the design.



Come visit the trail and enjoy the stories at Homestead Parklands on Perch Lake!



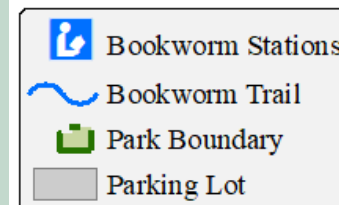
*A Community Supported Literacy and No Child Left Inside Project*



Contact Community Development for additional information:  
715-386-4680

Thank you to the volunteers who helped construct the Bookworm Trail:

- Boy Scout Troop 213 of Hudson
- St. Croix Valley Builders Association
- St. Croix Valley Bird Club
- Hudson Daybreak Rotary



\*Dolesh, Richard J. "The "Soft Fascination" of Nature." *NRPA*. 1 Apr. 2013. National Recreation and Parks Association.