

## Nature is all around you.

It's in your neighborhood, in a tree, park, or school yard or even in your backyard!

## Where to Go in Your Area:

*Label listing local nature sites  
to be placed here*



The National Environmental Education Foundation encourages parents and caregivers to create opportunities for children to play outside in a natural environment or in a safe neighborhood space. Together we can teach them how to appreciate the environment and protect their health!

Additional resources and Spanish language materials available at [www.neefusa.org/health/children\\_nature/resources](http://www.neefusa.org/health/children_nature/resources)



# Get into Nature for Better Health!



Photos from the National Audubon Society and istockphoto

To find a park, forest, wildlife refuge,  
fish hatchery, playground, or  
nature center near you, go to:  
[www.neefusa.org/health/children\\_nature](http://www.neefusa.org/health/children_nature)



**Free time in nature can enrich your child's life by making them healthier and happier while inspiring a lifelong appreciation for the outdoors.**

Spending time in nature can:

- Help your child get more exercise
- Reduce stress
- Improve concentration, making your child more attentive in school
- Help in healthy mental and physical development



Is your child spending more than two hours a day watching TV, on the Internet or playing video games?

***Instead of...***

Watching TV

***Your Family Can...***

Visit a park, forest, wildlife refuge, fish hatchery, playground, or nature center

***Instead of...***

Playing video games

***Your Family Can...***

Take a walk around the block

***Instead of...***

Surfing the net

***Your Family Can...***

Go birdwatching

Here are some ideas for family activities outdoors and in nature.

■ **Know your neighbors!**

Head outdoors to a park. How many types of trees, birds, and bugs can you name? Borrow a field guide from the library to learn more.

■ **Stop! Look! Listen!**

Go for a fast walk or jog outside with your child. On the way back, walk very slowly; look and listen carefully. Note how much more you discover in nature.

■ **Save a green space!**

Volunteering with your child is a fun way to burn calories. Check your city's park department website for dates at a green space near you.

■ **Act like an animal!**

Encourage your child to mimic animals-leap like a frog, run like a deer, flap like a bird, explore like a raccoon.

■ **Map an exercise course!**

Help your child draw a map of your local park. Choose different spots to do different exercises. Use your exercise course with your child once a week.

■ **Catch the change!**

Keep a journal with your child to record changes each time you go out for a walk or bike ride. Is it sunny or cloudy? Quiet or noisy? Wet or dry?