



**July 13th ~ 5-7pm  
at Bijou School Parking Lot**

**Barton Health  
and the  
US Forest Service  
Offer Bilingual Interpretive Walks  
for Spanish Speaking Youth**

**bartonhealth.org  
fs.usda.gov/lbmu  
Joy Barney  
jbarney@fs.fed.us  
530.543.2685**

**Barton Health and the US Forest Service  
proudly offer interpretive walks to improve  
the health and wellness of our community.**

Recent studies have exposed the benefit—even necessity—of spending time outdoors, both for kids and adults. Most studies agree that kids who play outside are smarter, happier, more attentive, and less anxious than kids who spend more time indoors. While it's unclear how exactly the cognitive functioning and mood improvements occur, there are a few things we do know about why nature is good for kids' minds.

- It builds confidence. Letting children choose how they treat nature means they have the power to control their own actions.
- It promotes creativity and imagination. This unstructured style of play allows kids to think more freely, design their own activities, and approach the world in inventive ways.
- It teaches responsibility. Living things die if mistreated or not taken care of properly, and teaches a child to take care of the living parts of their environment.
- It provides different stimulation. Nature may seem less stimulating than your son's violent video game, but in reality, it activates more senses—you can see, hear, smell, and touch outdoor environments.
- It makes them think. Nature creates a unique sense of wonder for kids that no other environment can provide.
- It gets kids moving. Most ways of interacting with nature involve more exercise than sitting on the couch. Not only is exercise good for kids' bodies, but it seems to make them more focused, which is especially beneficial for kids with ADHD.



- It reduces stress and fatigue. According to the Attention Restoration Theory, urban environments require what's called directed attention, which forces us to ignore distractions and exhausts our brains.

