

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:

Place label listing local nature sites in your area here

To find a national wildlife refuge, national fish hatchery, park, playground, or nature center near you, go to:
www.neefusa.org/health/children_nature.htm



National Environmental Education Foundation

Knowledge to live by

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!

To learn more, visit:
www.neefusa.org/health/children_nature.htm



Get into Nature for Better Health!



Photos from the National Audubon Society and istockphoto



Health & Environment

A National Environmental Education Foundation Program

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 national wildlife refuge, national fish hatchery, park, 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?