

BEING IN NATURE

DID YOU KNOW?

Being in nature is good for children's overall health. It can reduce stress, help with sleep, and improve emotional well-being. Playing outdoors can also improve concentration, focus, and creativity.

With all of the benefits that come with being in nature, it is important for children to spend time outdoors. Here are some things you can try to encourage your child to spend time outside:

Limit screen time.

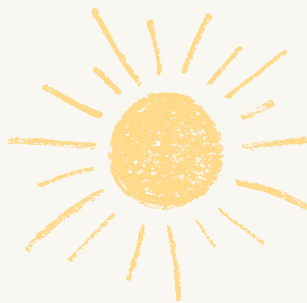
Set a timer for a maximum amount of time your child can use electronic devices each day.

Consider moving indoor activities outside.

Many tasks that are typically done indoors can be done outside instead. Have your child eat meals, read, and play with toys in a safe outdoor area.

Make your backyard fun.

There are many ways your child can enjoy spending time in your own backyard or neighborhood. You can give them sports equipment, chalk, and toys to play with.



Make it a habit to go outside as a family.

Spending time outside together as a family is a great way to connect with your child. Be sure to incorporate activities they enjoy doing!



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Being in nature can make you feel happier and more relaxed. Playing outside can also help your brain grow!



Here are some things you can do outside with your friends and family:

- Walking, running, biking, scootering, or skating
- Doing art projects
- Having a picnic
- Playing at the park
- Trying new sports
- Gardening
- Fishing
- Swimming
- Camping
- Hiking
- Blowing bubbles
- Flying a kite
- Playing with a pet

What other things do you like to do outside? Be sure to use your imagination and pay attention to all of the wonderful sights, sounds, and smells outside!

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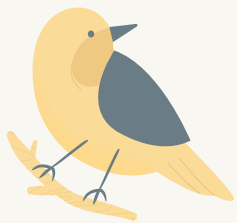
Being in nature is good for your mind and body. It can help you build confidence, think creatively, and improve focus. Spending time outside is also a great way to deal with the effects of stress!



Here are some things to keep in mind when you are out in nature:

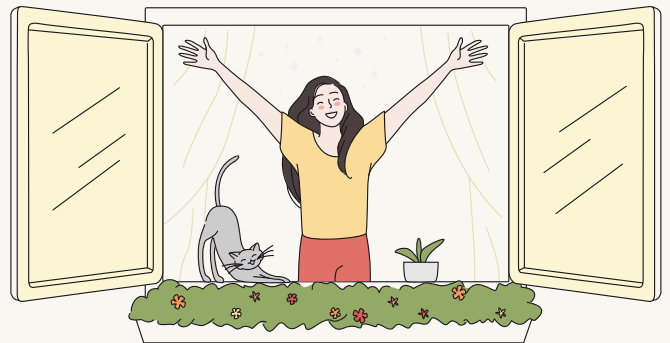
Use your imagination.

You do not always need to have equipment to have fun. Create your own games, explore the area, or build something using materials you find outside.



Disconnect from technology.

There are many activities you can do outside to keep your mind occupied. Avoid using screens when you are out in nature. Instead, focus on your surroundings.



Practice mindfulness.

Take some time to appreciate the world around you. Think about the things in nature you can see, hear, smell, and feel. Pay attention to your breathing pattern and the weight of your body on the ground.



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DID YOU KNOW?

Exposure to nature has a number of benefits to both mental and physical health. Spending time outside is a great way to alleviate the toxic effects of stress and improve sleep quality. Other benefits include improved concentration, critical thinking, and confidence.



Here are some things to keep in mind when you are out in nature:

Disconnect from technology.

With much of our time spent using technology, it is important to take screen-free breaks. Dedicate your time outside to distancing from your devices.



Be creative.

You do not always need to have equipment to enjoy yourself. Explore the area, create your own games, or make use of the materials you find outside.



Practice mindfulness.

Take some time to appreciate the world around you. Think about the things in nature you can see, hear, smell, and feel. Pay attention to your breathing pattern and the weight of your body on the ground.

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Exposure to nature has a number of benefits to both mental and physical health. Spending time outside is a great way to alleviate the toxic effects of stress and improve sleep quality. Other benefits include reduced blood pressure, heart rate, and muscle tension.

Being out in nature is a great way to stay healthy during pregnancy. Here are some things to keep in mind so you can safely enjoy your time outside:

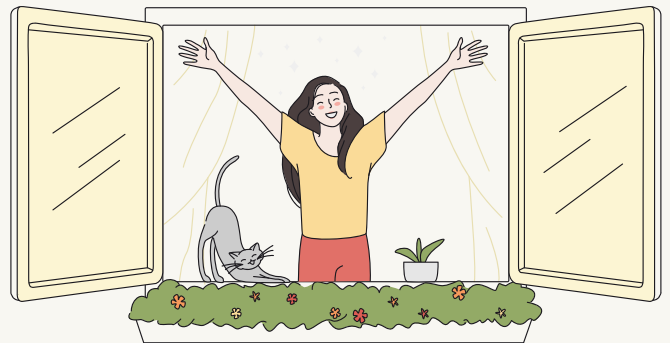
Disconnect from technology.

With much of our time spent using technology, it is important to take screen-free breaks. Dedicate your time outside to distancing from your devices.



Stay hydrated and avoid the heat.

It is more likely for pregnant women to get heat exhaustion. Be sure to drink plenty of water, stay in shady areas, and wear sunscreen.



Practice mindfulness.

With everything happening in your busy life, take some time to step back and appreciate the world around you. Notice about the things in nature you can see, hear, smell, and feel. Pay attention to your breathing pattern and the weight of your body on the ground.