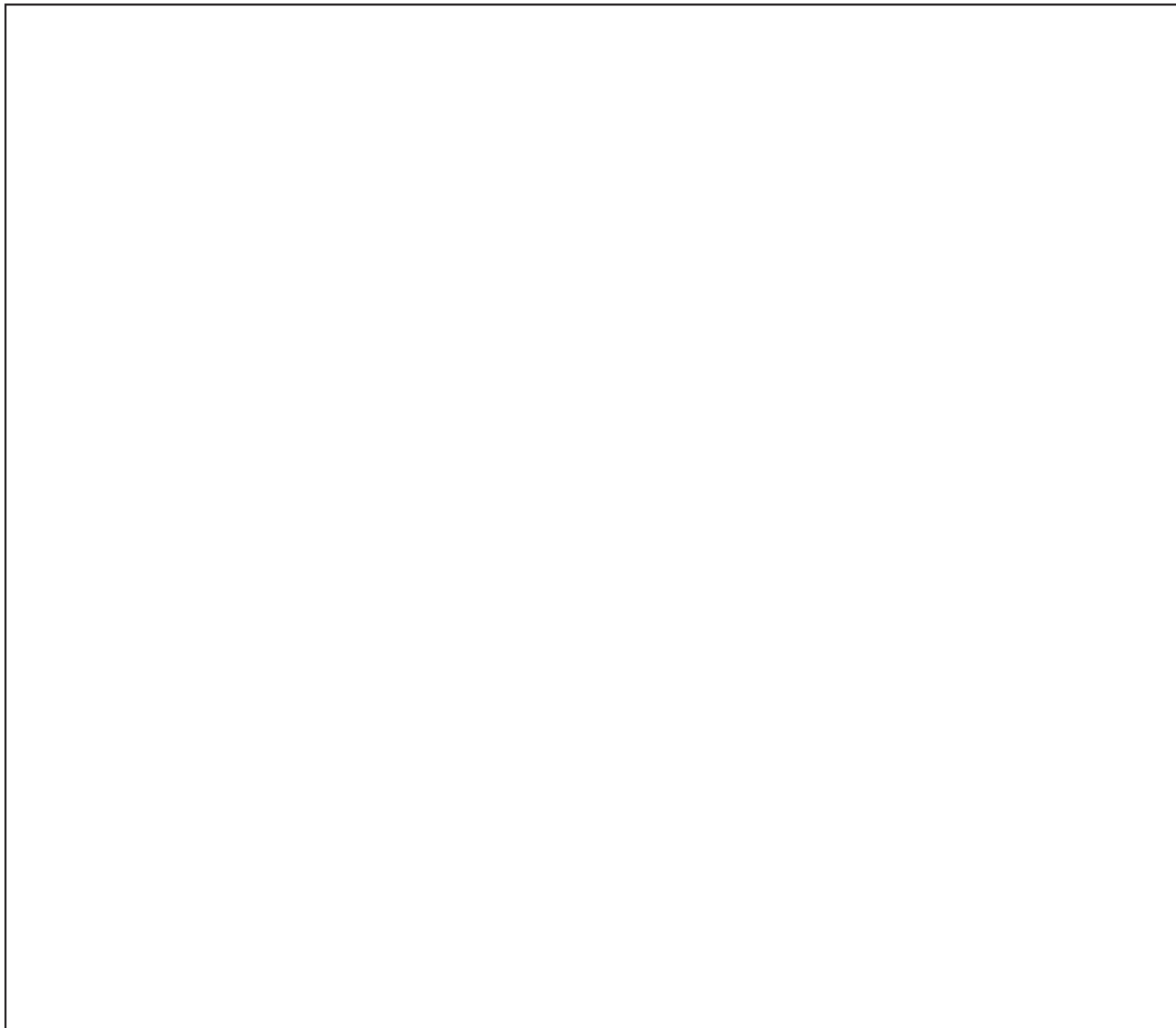


Get Outside - Spend Time with Nature

It is important to spend time outside in nature. Children who play outside are smarter, happier, more attentive, and less anxious than kids who spend more time indoors. According to the Child Mind Institute, spending time outdoors builds confidence, promotes creativity and imagination, teaches responsibility, provides a variety of stimulation, promotes physical movement, promotes thinking, reduces stress and fatigue.

Go outside two or three times throughout the day. You can watch the clouds or scuff your shoes in the dirt. You can collect leaves or smell the flowers. Or, you can do nothing. You choose what to do.

Fill in the box below with a picture or words about your time outside.



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