



Nature and Play

NYC Residents

Did you know?

Spending time in nature provides exercise, reduces stress, improves concentration in school, and helps with healthy development.

Action Plan

- Ideas for outdoor play:
 - Free play or exploration.
 - Visit a park, playground, or nature center.
 - Take a walk around the block.
 - Ride bikes (wear a helmet!)
- Limit your child's screen time.
- Read books about nature with your child.

Resources

To learn about NYC parks and kid-friendly activities, visit nycgovparks.org

- search "[find a park](#)" to find the parks near you.
- search "[nature centers](#)" for in-park community centers.
- search "[best for kids](#)" for events, programs, and activities geared toward children.
- search "[art and crafts](#)" for events, programs, and activities geared specifically towards people with physical disabilities.

To find local community gardens, visit greenthumb.nycgovparks.org and click "find a garden"

Rainy day?

- To check out free library events, visit nypl.org
- Find your local children's museum: findachildrensmuseum.org

For more information, visit: nyscheck.org/rxs

[more](#) →

NYSCHECK.ORG

