



Nature and Play

Spending time in nature gets a child more exercise, reduces stress, improves concentration in school and helps with healthy mental and physical development.



- ✓ 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.

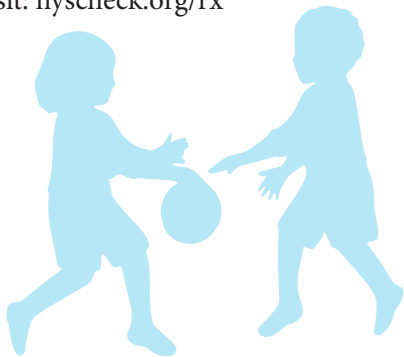
Signed: _____





Nature and Play

- ✓ Learn about NY state parks and kid-friendly activities: parks.ny.gov
- ✓ Rainy day? Find your public library: www.usa.gov/libraries
- ✓ For more information visit: nyscheck.org/rx



New York State Children's
Environmental Health Centers

NYSHECK.ORG