



Nature and Play

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.

[more](#) →

NYSHECK.ORG

Resources

To learn about New York State parks and kid-friendly activities, visit parks.ny.gov

Find a garden near you! Visit grassrootsgardens.org, select "Community Gardens," and use the map to find a garden in your neighborhood.

Rainy day? Find your public library: buffalolib.org or play indoors at exploreandmore.org

For more information visit: nyscheck.org/rxs

