



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

Rainy day? Check out free library events, visit nypl.org

For more information visit: nyscheck.org/rxs

[more](#) →

NYSCHECK.ORG

