



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!)
 - Go on a nature scavenger hunt.
 - Build a “fairy house” with natural objects like sticks and leaves.
- Limit your child's screen time.
- Read books about nature with your child.

[more →](#)



Resources

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

Rainy day?

Find your public library: usa.gov/libraries

Find your local children's museum:
findchildrensmuseum.org

For more information visit: nyscheck.org/rxs



 The Transdisciplinary
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Environmental Exposures
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[NYSCHECK.ORG](https://nyscheck.org)

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 New York State **Children's**
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