



# 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](#) →

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## Resources

To learn about New York State parks and kid-friendly activities, visit [parks.ny.gov](https://parks.ny.gov)

Rainy day? Find your public library: [usa.gov/libraries](https://usa.gov/libraries)

For more information visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)

