



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](#) →

Signature _____

Date _____

Resources

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

To learn about your local parks:

New York City	Visit nycgovparks.org
New York State	Visit parks.ny.gov
New Jersey	Visit njparksandforests.org
Puerto Rico	Visit puertorico.sierraclub.org
U.S. Virgin Islands	Visit nps.gov/viis

For more information, visit icahn.mssm.edu/research/pehsu/information