



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!)
 - Join a sports team.
- Limit your child's screen time.
- Read books about nature with your child.
- COVID-19: Remember to wear a mask and maintain social distancing guidelines.

[more](#) →

Resources

Spend some time in the Hudson Valley. Browse a list of state parks near you!

scenichudson.org/explore-the-valley/our-parks

Rainy day? Find your public library: usa.gov/libraries

For county-specific information on parks and recreation facilities:

Dutchess County	dutchessny.gov (click "Document search" in the dropdown and search "Dutchess County Parks")
Orange County	orangecountygov.com (search "Parks and Facilities")
Putnam County	putnamcountyny.com/parks-recreation
Rockland County	rocklandgov.com (search "County Parks")
Ulster County	ulstercountyny.gov/environment/recreation
Westchester County	parks.westchestergov.com

For more information visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

