



Nature and Play (NYC Residents)

Did you know?

Spending time in nature gets a child more exercise, reduces stress, improves concentration in school and helps with healthy mental and physical 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](#) →



Resources

Learn about NYC parks and kid-friendly activities:
www.nycgovparks.org

Rainy day? Check out free library events: www.nypl.org

For more information visit: nyscheck.org/rx

