



# Nature and Play

## 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 NY state parks and kid-friendly activities:  
[parks.ny.gov](http://parks.ny.gov)

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

For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)

