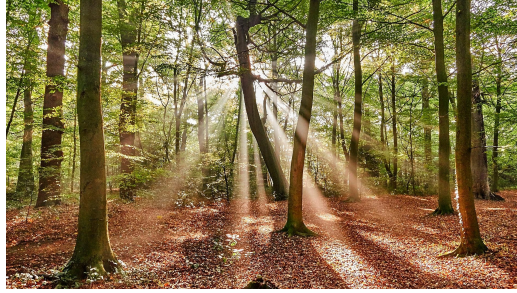


The Importance of Spending Time Outdoors



Studies suggest time spent outside can lead to:

- Increased emotional well-being
- Improved overall mental health in children
- Stress reduction
- Increased resilience
- Increased health-related quality of life
- Improved working memory, cognitive flexibility, and attentional control
- Positive social interactions

Simple outdoor activities for children and families:

- Take a walk/hike
- Do a scavenger hunt
- Start a garden
- Set up an outdoor craft
- Draw with chalk
- Visit a park/playground
- Birdwatching
- Paint rocks and spread them outdoors
- Create an obstacle course
- Ride a bike
- Make a bird feeder
- Have a family meal outside
- Make a nature collage

Information retrieved from: <https://www.apa.org/monitor/2020/04/nurtured-nature>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6161651/>