


Studies show children who play and learn outdoors:





- Are Healthier Physically and Mentally
- Do Better in School
- Have Higher Self-Esteem
- Have Good Self-Discipline
- Feel More Capable and Confident
- Are Good Problem Solvers
- Are More Cooperative with Others
- Are More Creative
- Feel Connected to Nature
- Are Tomorrow's Conservation Leaders

Do I have to go to a park to find nature?


NO! You can find nature everywhere.

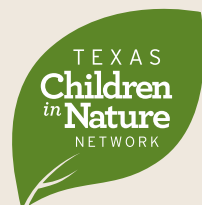
 **take** a moment to stop wherever you are and use your senses.

 **look** for the trees and plants in your neighborhood.

 **listen** to the songs of birds around you.

 **touch** the bark of a tree or the shape of a rock.

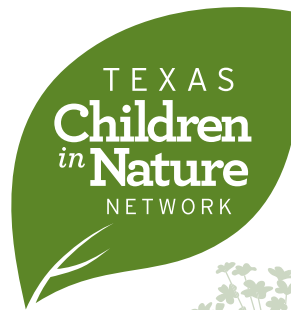
 **smell** the freshly mowed grass or flowers in a garden.



Healthier,
Happier,
Smarter.

Learn more at www.texaschildreninnature.org





Healthier,
Happier,
Smarter.

Ideas!

for Outdoor Activities you can do near you

- ❖ 1. **Find** a comfortable place outside to read a book, play a musical instrument, or have a snack or picnic.
- ❖ 2. **Explore** outdoors and look for 10 different things that are green in color.
- ❖ 3. **Watch** a sunrise or a sunset. What colors do you see? What sounds of nature do you hear?
- ❖ 4. **Go** outside with a pencil or crayons and paper and draw something you find interesting. Use glue to add some leaves, sticks, flowers, or soil to the picture.
- ❖ 5. **Find** items outdoors to make music. Use sticks as drumsticks to play drums on the ground.
- ❖ 6. **Make** a list of all the different kinds of nature nearby, even in the most surprising places, like a wildflower growing out of the crack in the sidewalk.
- ❖ 7. **Visit** your local Farmer's Market and discover a new vegetable, fruit or other natural object you have never seen before.
- ❖ 8. If you **Find** something but don't know what it is, you can download the iNaturalist app and upload a photo to get help from others to identify the organism.
- ❖ 9. **Hashtag** us and show us how you spend time outdoors! #TexasChildreninNatureNetwork.
- ❖ 10. Get more **Ideas** at: Texas Children in Nature Network Family Nature Walks webpage
<https://www.texaschildreninnature.org/explore-the-outdoors/family-nature-walks>



Scan for
Nature Challenge

Learn more at www.texaschildreninnature.org