Play outside and get your daily dose of nature!
Try these activities in your yard, your neighborhood, or a nearby park!

Keep an eye out for nature:
Take a walk and check off what you see. Try looking each day to find something new!

Act like an animal! Leap like a frog, run like a deer, flap like a butterfly, dig like a groundhog, or come up with your own animal action.


Stop! Look! Listen! Go on a speedy walk or jog. On the way back, slow down and look and listen carefully. How much more did you notice?

Build a Stick Fort or Fairy House! Grab sticks and other materials from the ground (not from live trees, you might hurt them!) and build a fort to sit in, or make a little house for a fairy or tiny friend.

Map an exercise course! Choose different spots to do different exercises, and draw a map of these spots so you can revisit your routine. Bonus: use your exercise course weekly!
Observe nature: Find a natural object and a comfortable place to sit quietly. Take time to look at the object and record your observations and thoughts.

I notice....
1.
2.
3.

I wonder...
1.
2.
3.

It reminds me of...
1.
2.
3.

Like this activity? Try this:

Make a nature journal. Create a simple journal out of quarter- or half-sheets of blank paper. Cover with reused paper grocery bags, or cereal boxes for a sturdier cover. You can decorate the outside of your journal and write or draw observations and stories about your adventures outdoors!

Mindfulness activities for kids and grown-ups!
https://annakaharris.com/mindfulness-for-children/
www.pittsburghparks.org/education-health

Why outside? There are many reasons why playing outside is good for your body and mind:

<table>
<thead>
<tr>
<th>Tires kids out. Being outdoors is a great start to a good night’s sleep.</th>
<th>Gives opportunities for your child to be loud and energetic. Kids can get messy and let loose.</th>
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<tbody>
<tr>
<td>Increases focus in school and at home. Outdoor activity can help your child pay attention!</td>
<td>Improves physical strength and coordination.</td>
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<td>Reduces stress. Your child will be happier and so will you!</td>
<td>Strengthens family connections. Playing outside together is a great way to bond!</td>
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<tr>
<td>Helps maintain a healthy weight. Outdoor play is an excellent way to get exercise.</td>
<td>Builds connections to nature and the outdoors.</td>
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For more ideas, visit www.pittsburghparks.org/rx