



Pittsburgh Parks Prescription

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!



What else did you find? *Write or draw about it here.*

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

Know your neighbors! How many types of plants and animals can you name? Can you find and name 10 different trees? Birds? Bugs? Visit www.pittsburghparks.org/digital-education to learn more.

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:

Tires kids out. Being outdoors is a great start to a good night's sleep.

Gives opportunities for your child to be loud and energetic. Kids can get messy and let loose.

Increases focus in school and at home. Outdoor activity can help your child pay attention!

Improves physical strength and coordination.

Reduces stress. Your child will be happier and so will you!

Strengthens family connections. Playing outside together is a great way to bond!

Helps maintain a healthy weight. Outdoor play is an excellent way to get exercise.

Builds connections to nature and the outdoors.

For more ideas, visit www.pittsburghparks.org/rx