



# Helping children connect with nature

Being connected to the natural world offers a bounty of physical and emotional health benefits, for both adults and children. Encourage your kids to explore and experience the unpredictable magic of Mother Nature.



## Tips to help give kids the benefits of playing outdoors in nature:



### GO GREEN (OR BLUE)

Get to any sort of natural space close to home and take a simple trail walk or nature hike. That could be a city park, nature reserve, playground with green space, near a lake, or a county, state, or national park. Ask kids to search for interesting rocks or to spot animal tracks in the dirt. No matter how much, even small degrees of contact with trees, plants, insects, and water can deliver benefits to you and your children.

### MAKE A LIST AND SET A DATE

Once you have made a list of more natural spaces available to you, look at your calendar and see if you can schedule some regular outings with your children for family time in the outdoors!

### PLAY SIMPLE GAMES

You don't need any special equipment or expertise to play games, such as I spy, hide-and-seek, and pick up sticks. For something a little more organized, go for a scavenger hunt or try geocaching.

### BE A PHOTOGRAPHER

Bring along a camera or phone so the kids can take photos, then post on social media later to help relive the fun they had.

### ENGAGE THE SENSES

Encourage them to make a list of all of things that they hear, see, smell, and touch in the park, on the trail, or near a lake. When you can't make it to a park or other outdoor space, your child can benefit from monitoring an indoor plant or a small container garden.