



### GET OUT AND ENJOY NATURE



Today we learned about the benefits of getting outdoors and enjoying nature. We learned that outdoor play helps the body naturally by being more physically active, raises vitamin D levels, improves vision, and allows us to breathe easier. Outdoor play helps the mind by improving focus and critical thinking. Outdoor play also helps the spirit by lowering stress levels and the risk of anxiety and depression, improves quality of sleep, and increases the feeling of community with friends and neighbors.

### AT HOME ACTIVITY



Instead of going straight to the computer, television or playing video games for leisure, head outdoors for more healthy, and active forms of outdoor entertainment. Try these outdoor play options:

- Go on a nature hike.
- Shop at a local farmers market.

- Bring a paper bag and go for a nature treasure hunt, make a creature out of the treasures you found.
- Play tag.
- Splash in puddles.
- Plant a garden.
- Dig for worms.
- Go fishing.
- Build a sand castle or make mud pies.
- Sit on the porch and listen to the birds.
- Sit in the grass and deep breath.

### WEAR SUNSCREEN



Remember to wear sunscreen when outdoors. Too much exposure to sun can cause damage to the skin, eyes and even cause cancer. Your child should wear an SPF 30 or higher sunscreen while in the sun. Be extra careful from 10 a.m. to 4 p.m. as this is the time of day the sun is the strongest. It is important that sunscreen is reapplied often, especially after getting the skin wet.