

TAKE IT OUTSIDE

With so much technology, it can be hard to pull ourselves away from indoor attractions like computers, TVs, tablets, and video games. As a result, we miss out on the exciting and beautiful world of nature that is right outside the door. Spending time in nature, either alone or with our families, has positive outcomes for everyone.

Did you know that experts have found that students who have greater contact with nature are happier, healthier, smarter, more creative, more optimistic, more focused, and more self-confident? Families also have stronger bonds and get along better if they participate in activities outside. Getting outside can even help prevent diabetes, behavioral disorders, and depression. So, no matter how tempting staying inside may be, making time for nature is really important!

Tips to get involved:

- Make a list of nature activities that your family wants to do together and then use those activities as rewards.
- Go outside and do yard work as a family. Everybody can help out.
- Plant a garden and take care of it together as a family.
- Get other friends and families involved in your nature outings – the more, the merrier!

Here are some fun, family-friendly outdoor activities you can try:

- Go apple, berry, or pumpkin picking
- Follow animal tracks

- Go sledding
- Sleep in the backyard
- Go fishing
- Go stargazing and pick out your favorite constellations
- Plant a vegetable garden
- Go for a hike or nature walk
- Collect seashells on the beach
- Make a fort in the backyard
- Explore the neighborhood together on foot, bike, or rollerblades
- Check out the nearest skate park (don't forget your protective gear)



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LET'S GO!

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