

A "Be Out There" Child is a Whole Child: Mind, Body and Spirit


BE OUT THERE™
NATIONAL WILDLIFE FEDERATION®

CREATIVE

Whether for building a fort out of twigs, creating a fairy forest or pretending to be a superhero, playing outside inspires, and requires, an active imagination.

SMART

Children who spend time outdoors learn to work as a team and are better problems solvers as adults. They score higher on assessments of cognitive ability and standardized tests.

CALM

In today's overscheduled world, kids could use a little more R&R. Research shows their stress levels fall within minutes of being outside.

HEALTHY

Overweight and obese children are at risk for shortening their lifespans. Give your kids the run-around-outdoors-to help them maintain a healthy weight.

STRONG

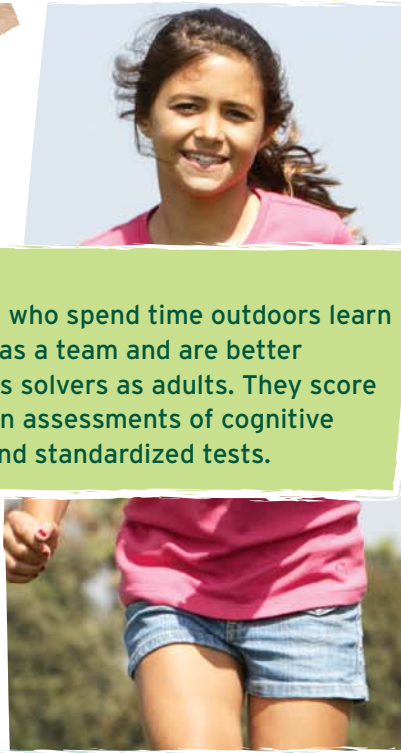
Sunshine helps kids' bodies create vitamin D, which is essential to building strong bones and preventing disease.

HAPPY

Play protects kids' emotional development, letting kids be kids. Lying in the grass to watch the clouds go by or playing a game of tag to let off steam helps keep joy at the forefront.

KIND

Mom always says to "play nice." When kids play outside, they are more likely to! Being outdoors helps create compassion and improves social bonds.



Over the last two decades childhood has moved indoors, but studies show that children who regularly spend time outside are healthier and happier.

Visit www.BeOutThere.org to learn more about making every kid a Be Out There kid.

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