



Getting Kids
Outdoors
In Emmet County




For more things to do, places to go and local resources:
www.gettingkidsoutdoors.org

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typical American child
spends 44.5 hours per week
plugged into electronic media?
(not including homework and school)

A Leave No Child Inside Initiative



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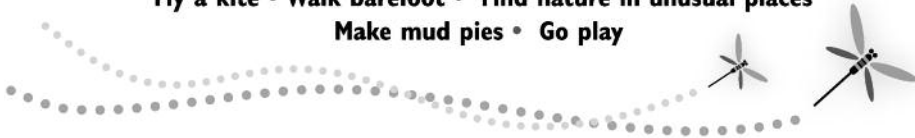
A Leave No Child Inside Initiative

Encourage your kids to

“Go Outside and Play!”

Research shows that outdoor play and connecting with nature are essential to healthy childhood development.

Go for a walk • Collect rocks • Play in the rain • Jump in puddles
Look for animal signs • Follow an ant • Climb a tree • Build a tree house
Dig in the dirt • Plant a seed • Smell a flower • Wade in a stream
Catch water bugs • Go fishing • Lie down and find shapes in clouds
Find art in nature • Catch snowflakes on your tongue • Build a snow fort
Go camping • Camp out in your backyard • Catch lightning bugs
Splash in a lake • Build a sandcastle • Skip rocks • Take a hike
Roll over a log • Jump in a leaf pile • Make a leaf collection
Go orienteering or geocaching • Go biking • Follow animal tracks
Pretend to be your favorite animal • Adopt a pet rock • Have a campfire
Go out at night and watch stars • Birdwatch • Put up a bird feeder
Plant a butterfly garden • Play backyard relay races • Watch the weather
Fly a kite • Walk barefoot • Find nature in unusual places
Make mud pies • Go play



Explore Nearby Nature

No need for a costly outing — explore your backyard, a local trail or beach.

Have Fun

Take a break from chores, schedules and to-do lists. Try not to look at going outside to play as one more “should”.

Set Limits on Screen Time

Don't be afraid to set time limits on TV, video games and computers.
Likewise, it's more than okay to require time spent outdoors each day/week.

Don't Be Afraid of Not Knowing the Answers

You don't have to know everything about plants and animals —
use your sense of wonder to discover together.

Slow Down and Keep it Simple

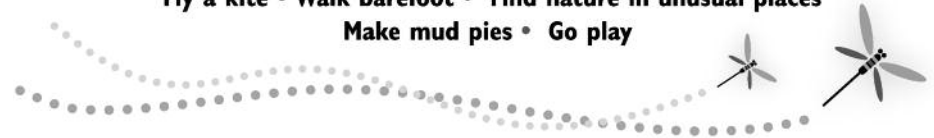
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or just lie down and watch the clouds. Relax and enjoy being outside.

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