



## Healthier, Happier, Smarter.

## Studies show that kids who play and learn outside:



- 1. Are healthier physically and mentally.
- 2. Do better in school.
- 3. Have higher self-esteem.
- 4. Have good self-discipline.
- 5. Feel more capable and confident.
- 6. Are good problem-solvers.
- 7. Are more cooperative with others.
- 8. Are more creative.
- 9. Feel connected to nature.
- 10. Are tomorrow's conservation leaders.



Life's better outside. www.tpwd.texas.gov

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TOYOTA

www.naturerockstexas.org www.texaschildreninnature.org