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.
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.

Find places to play, explore, and connect with nature near you.