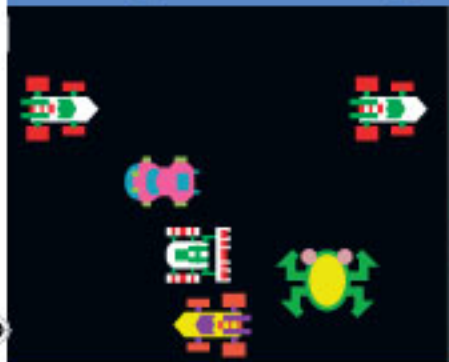


Only one of these frogs can help reduce your child's ADHD symptoms.



An increasing amount of research shows that spending time outdoors has many positive impacts on a child's physical and mental health and development.

**Kids who spend more time outside tend to:**

- Be more physically active and therefore have lower levels of obesity
- Score higher on standardized tests
- Have fewer symptoms of Attention Deficit Hyperactivity Disorder
- Experience less stress than other children their age

**We all want these things for children!**

Encourage your kids to **discover the world outside!**

Did you know that there are more than  
190 Environmental Education Centers  
in North Carolina?

They are all open to the public and are  
great places to learn, recreate and  
have fun! The North Carolina Office of  
Environmental Education also hosts a  
searchable online calendar where  
you can find events and programs  
for you and your family that are  
happening near your home.

Go to

[www.eenorthcarolina.org](http://www.eenorthcarolina.org)

and click



N.C. Department of  
Environment and  
Natural Resources



play outside!

NC Outdoor Learning  
Environment Alliance  
[www.ncloa.org](http://www.ncloa.org)

environmental education

discover the world outside

