

Remember your parents telling you to go play outside?



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!**

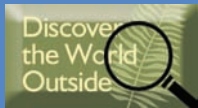
## Did you know that there are more than 190 Environmental Education Centers in North Carolina?

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



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