

Only one of these activities 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

and click



N.C. Department of
Environment and
Natural Resources



play outside!

NC Outdoor Learning
Environment Alliance
www.ncloa.org



discover the world outside

