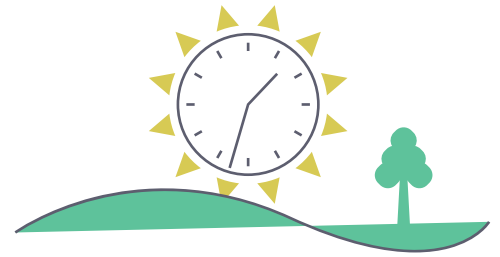


Making Time for Nature



A major obstacle to getting kids outside is time. School, after-school activities, and packed schedules leave little time left for the outdoors.

But, you don't need to try and add time in to your day. Bring nature and the outdoors into your daily routine by doing some of your usual activities **outside**. Check out some of these things to do outside that you're already doing!

- Walk home from school or work.
- Get off the bus a stop early and walk the rest of the way.
- Have your kids take their homework or a workbook outside.
- Take your meals outside; make it a picnic.

Try new activities to get your kids outside. Even if you only have a few minutes after school or on weekends you can still make time for nature.

What to do outside

15 Minutes or less

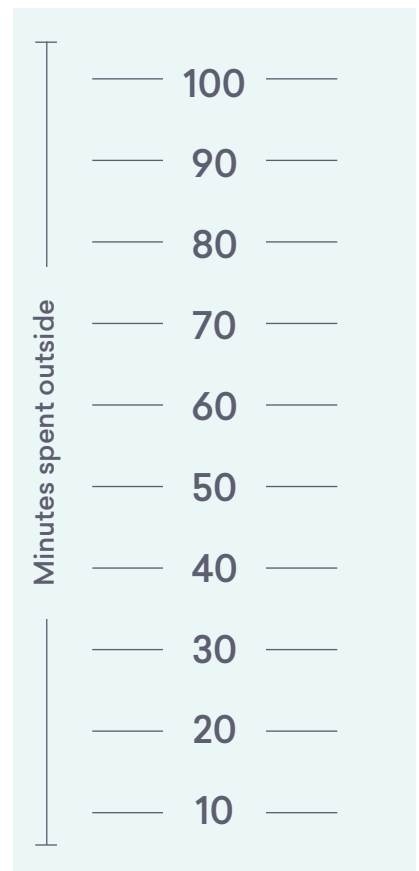
- Short walks before or after dinner.
- Spend time sitting outside.
- Look for nature wherever you are.
- Swap out screen time with 15 minutes of outdoor play.

30 Minutes or less

- Walk to a park or green space after school, have a snack, and walk home.
- Play as a family for 30 minutes.

60 Minutes or less

- Visit a new park or trail and explore!



Take the NaturePHL 100 Minute Challenge!

NaturePHL challenges you to spend 100 minutes outside! Can you do it? Track your time outside using our chart.