

# MORE GREEN TIME

LESS SCREEN TIME

go on a walk with a friend without looking at your phones	go on a nature walk	write a kind note to someone	observe a bird	read for 30 minutes
observe the night sky	invite a friend over for screen free time	put away your phone to and from school for a week	bake something for a neighbor	play a board game
write a letter to an older relative	watch a sunrise or sunset	learn a new skill	mail a letter to a friend	search for heart shapes in nature
do something nice for yourself or someone	draw a picture	locate a native plant and count how often you see it	play outside	meet a friend at the neighborhood park
visit your neighborhood library	spend 10 minutes in a quiet place	try an outdoor activity	make a fort with sticks outside	visit a city or a state park



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