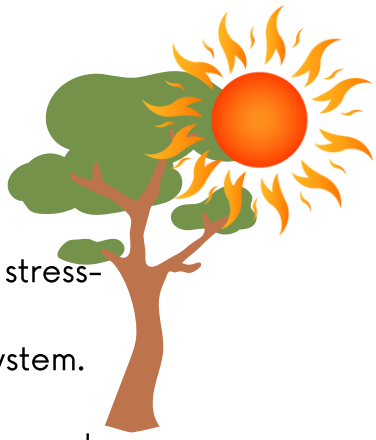
Outside Time...





Spending time in nature has SO many benefits!
Walking among or simply looking at trees reduces the stress-related hormones.
SO basically - it helps calm & organize the nervous system.
It is calming AND energizing!
Researchers have found that nature simply makes us happy!

Rain, snow, heat, warm or cold...
Take a break, and just for a few minutes venture outdoors.
What will you do outside today?

Skate

Slide

Garden

Sit in the sun

Walk around the block

Collect something

Listen to birds

Run

Night walk

Build

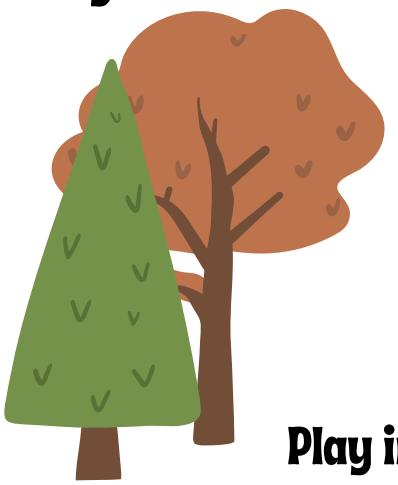
Draw

Sled

Skip

Fly a kite

Blow bubbles



Go for a rainbow walk (find cars or houses of all colours)

Play a game

Scavenger Hunt

Make a fort



Ski

Play in sand or dirt

Look for animals

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