

1. the outdoors provides the optimal environment for running, jumping, swinging, crawling, climbing, kicking, throwing, & rolling around

- 2. experiencing the beauty of nature feeds the human spirit
- 3. listening to birds sing outdoors makes people feel happy
- 4. lying on a large, warm stone on a sunny day is soothing
- 5. many fun & engaging sports can only be enjoyed outside
- 6. the smell of fresh cut grass or hay outdoors is heavenly



- 7. it's where you can pick tiny sweet berries and find a huge orange pumpkin
- 8. adults who are willing to explore & have a personal sense of wonder & engagement are able to draw children into learning most readily outdoors
- 9. it's where you need to go to witness the marvel of plant growth over time

- 10. buying your produce at an outdoor market is a fun way to support local farmers & eat seasonally
- 11. having plenty of space outdoors allows children the freedom to be silly, loud & rambunctious
- 12. tasting a snowflake on your tongue is wonderful
- 13. sunrises & sunsets are best appreciated outdoors
- 14. it feels good to draw with your feet in the sand
- 15. rainbows beckon us to come outdoors & dream

Sources:
Domenica's finds,
Stacy's observations,
Disa's opinions

(adapted from multiple
sources –
see resource list)

22. getting vigorous exercise outside means that children have a chance to expend energy, so they'll be tired & able to relax quietly at rest time or sleep soundly at night

- 23. being outside gives you the best chance to meet your neighbors
- 24. feeling a gentle breeze in your hair & on your skin is relaxing
- 25. you can learn a new hobby, like gardening or photography
- 26. it invites physical activity, promoting fitness & preventing obesity
- 27. it is the best way to promote a love & respect of the natural earth



28. the outdoors is where we experience all types of weather which sustain & challenge us — sunshine, rain, wind, snow, cyclones, hail, sleet, hurricanes, breezes, floods, frost, blizzards, dust storms, dew, lightning, humidity, monsoons, thunder...

- 29. it's where you can fully experience the fascination of seasonal changes
- 30. camping & hiking are outdoor pursuits that help us connect with nature
- 31. the outdoors is the original home of all mineral, plant & animal species
- 32. being immersed in the natural world helps children become good observers
- 33. you can always find a new place to escape to whenever you need a break
- 34. outdoor gross motor activities help kids improve their balance & coordination

36. the night sky is dazzling with brilliant stars, the moon, constellations & planets

37. the discovery of sights, scents & sounds found only in nature, invite our creativity

16. a walk in the park has been proven to reduce the risk of a heart attack & diabetes by 50%, colon cancer by 30%, & fracture of the femur by up to 40%



- 17. you can visit California historical landmarks first hand
- 18. seeing clouds in the sky allows the imagination to soar
- 19. how else are you going to break in your new shoes?
- 20. watching an eclipse of the sun or moon is awesome
- 21. it's where you can get vitamin D for free from the sun

- 47. you can naturally exfoliate your hands & feet at the beach
- 48. California has beautiful hiking trails, parks & campgrounds

49. being outside encourages children to practice their autonomy, independence & imagination

52 Good Reasons to Get Out!



35. the natural world is the foundation for every culture & language—mountains, sea, desert, savannah, plains, prairie, valley, hills, tundra, forest, river, stream, canyon, gully, creek, brook, meadow, glacier, field, pasture...

- 38. it's **the** place to fly a kite
- 39. fresh air does a body good
- 40. it's the best place to play ball!
- 41. it's the best place to ride a bike
- 42. there's so much to explore outdoors!
- 43. smelling flowers heightens the senses
- 44. you can revel in the "after-rain-smell"
- 45. fresh air feels better than air conditioning
- 46. you need to be there to find earthworms

- 50. _____
- 51. _____
- 52. _____