Summer is the perfect time to go outdoors! Challenge yourself to get out and play and leave electronics inside. Outside play improves physical fitness, mood, attention, and behavior. Playing outdoors with other kids is also a great way to socialize and learn to work together.

- Isabella loves getting outside to learn about nature! Hiking, biking, or walking in a park is a great way to explore the natural world around you.

- **Did you know?** Kids spend as much as 50 hours a week in front of a screen, but only 4 outside!

### WEEKLY GOALS

- Understand why getting outside and playing is important for your health.
- Try a new outdoor activity!

### ACTIVITIES

1. **Try a new outdoor activity**— you can try swimming, soccer, football, ultimate frisbee, jumping rope, or hula hooping!

2. **Take arts and crafts outdoors**— paint a nature scene in your backyard, neighborhood, or park.

3. **It’s showtime!** Write a script and perform outdoors for your family and friends!