



Unplug.



DiscoverTheForest.org

It's Good to Get Outdoors!

When you were a kid it was easy to spend time in nature—you didn't need anything but your imagination and the great outdoors. Today, it can be hard to break free and get out there to share that same experience with your kids. But it's worth it — and nature is closer than you think. Unplug from the daily routine and reconnect with nature and each other! You'll be glad you did!

Here's Why

Research has shown the following key benefits when children spend more time outdoors:

- Reduced stress
- Increased ability to stay more focused
- Enhanced emotional and social development
- Improved school performance
- Enhanced creativity, problem-solving ability, self-esteem, and self-control
- Increased appreciation for the environment
- Increased opportunities for parents to engage fully with their children; and
- Improved health by helping to prevent and treat problems such as attention deficit disorder, obesity, heart disease, stroke, and diabetes.

Where to Go

Here are just a few of the great places we have here in Gainesville, Florida to get children playing and exploring outdoors (and you too!).

- Cofrin Nature Park
- Devil's Millhopper Geological State Park
- Dudley Farm Historic State Park
- Loblolly Woods Nature Park
- Marjorie Kinnan Rawlings Historic State Park
- Morningside Nature Center
- Northeast Park
- Payne's Prairie Preserve State Park
- San Felasco Hammock Preserve State Park
- Westside Park



For more ideas about where to go and what to do, visit www.discovertheforest.org



For more information, contact Annie Hermansen-Báez, US Forest Service, ahermansen@fs.fed.us, 352-376-3271, www.interfacesouth.org/projects/kids-in-the-woods

