



Life's better outside.®



Studies show that kids who play outside:

- 1 Are healthier physically and mentally.
- 2 Do better in school.
- 3 Have higher self-esteem.
- 4 Have good self-discipline.
- 5 Feel more capable and confident.
- 6 Are good problem-solvers.
- 7 Are more cooperative with others.
- 8 Are more creative.
- 9 Feel connected to nature.
- 10 Are tomorrow's conservation leaders.

children & nature
NETWORK



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Learn more at livesbetteroutside.org