Discover the Outside Postcards

Discover the World Outside
Only one of these frogs can help reduce your child’s ADHD symptoms.

An increasing amount of research shows that spending time outdoors has many positive impacts on a child’s physical and mental health and development.

Kids who spend more time outside tend to:
- Be more physically active and therefore have lower levels of obesity
- Score higher on standardized tests
- Have fewer symptoms of Attention Deficit Hyperactivity Disorder
- Experience less stress than other children their age

We all want these things for children!
Encourage your kids to discover the world outside!
Wouldn’t it be nice if fighting childhood obesity was as simple as stepping outside?

Turns out it is

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Remember your parents telling you to go play outside?

Turns out they knew what they were talking about

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Your television could use some alone time

Research shows that spending more time outdoors, especially in green spaces like parks and on nature trails, has many benefits.

Individuals who spend more time outdoors:
- Experience lower levels of stress
- Are likely to live longer
- Tend to be more physically active and therefore have lower levels of obesity
- Report better coping skills and levels of optimism

We all want these things for ourselves and for friends and family!
Do something good for yourself – discover the world outside!
Only one of these activities can help reduce your child’s ADHD symptoms.

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Worm