



Families TOGETHER in Nature

Nature Experiences

Tell us about your experiences in nature!

Research shows that spending regular time in nature makes children healthier, happier and smarter.

Use sticky notes, dots and markers to share your responses.



Children & Nature Network

① Nature is...

③ I spend time in nature...

DAILY	WEEKLY	MONTHLY	YEARLY (or less)

④ I spend time in nature with...

MYSELF	FRIENDS	FAMILY	FRIENDS & FAMILY

② I would spend more time in nature if...

⑤ I spend time in nature in...

MY YARD, AT HOME	MY NEIGHBORHOOD: <i>places I can walk or bike to</i>	MY CITY/REGION: <i>places I drive or take transit to</i>	DESTINATIONS: <i>places requiring further travel</i>





Families TOGETHER in Nature

Enjoying the Outdoors



How do you (and your family) spend time outdoors?

Research shows that spending time together outdoors strengthens family bonds—and improves health and well-being. Use sticky notes, dots and markers to share your responses and feel free to add your own activities!

RECREATION

Examples: Fishing, Hiking, Kayaking, Swimming, Camping



LEISURE

Examples: Picnicking, Skipping Rocks, Grilling, Reading



FITNESS

Examples: Running, Biking, Yoga, Sports, Meditation



IN SERVICE

Examples: Habitat Restoration, Tree Planting, Conservation



WORK OR HOBBY

Examples: Landscaping, Forestry, Gardening, Animal Husbandry



LEARNING

Examples: Outdoor Skills, Birding, Scavenger Hunts



PLAYING

Examples: Fort Building, Nature Games, Playground Time



OTHER

Share more examples and ideas:

