

Nature is all around you.

It's in your neighborhood, in a tree, park, or school yard or even in your backyard!

Where to Go in Your Area:

-  Clark County Wetlands Park
-  Desert Breeze Park
-  Desert National Wildlife Refuge
-  Floyd Lamb Park
-  Henderson Bird Preserve
-  Lake Mead National Recreation Area
-  Las Vegas Springs Preserve
-  Mt. Charleston / Spring Mountains National Recreation Area
-  Red Rock Canyon National Conservation Area
-  Sunset Park

To find a park or trail near your home visit:

www.gethealthyclarkcounty.org
and www.outsidelasvegas.org

To learn more about fun activities for children visit:

www.nvoutdoorkids.org

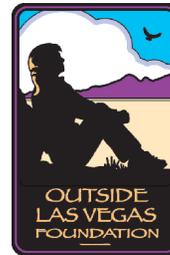
To learn more about federal public lands please visit:

www.snap.gov

Southern Nevada Agency Partnership



Visit us at SNAP.gov



The National Environmental Education Foundation encourages parents and caregivers to create opportunities for children to play outside in a natural environment or in a safe neighborhood space. Together we can teach them how to appreciate the environment and protect their health!

To learn more about NEEF's Children and Nature Initiative and prescribing nature, visit www.neefusa.org/health/children_nature

Let's get Healthy!

Nature Prescription Initiative



FREE TIME IN NATURE
can enrich children's lives by
making them healthier and
happier while inspiring a
lifelong appreciation
for the outdoors.

**SPENDING TIME IN
NATURE CAN:**

- ☀️ Help your child get more exercise
- ☀️ Reduce stress
- ☀️ Improve concentration, making your child more attentive in school
- ☀️ Help in healthy mental and physical development

Is your child
spending more than two
hours a day watching TV,
on the Internet or playing
video games?

Instead
of watching TV ...

... Your family can
visit a wildlife refuge, lake, forest,
park, playground, or nature center!

Instead of
playing video
games ...

... Your
family can
take a walk around
the block!

Instead of
surfing the
net ...

... Your
family can
go birdwatching!

Here are some ideas for family
activities outdoors and in nature.

☀️ **Know your nature neighbors!**
Head outdoors to a park. How many types of
plants, birds, and bugs can you find?

☀️ **Stop! Look! Listen!**
Go for a fast walk or jog outside with your
child. On the way back, walk very slowly;
look and listen carefully.

☀️ **Save an open space!**
Volunteering with your child is a fun
way to burn calories. Check
gethealthyclarkcounty.gov for a
green space near you.

☀️ **Act like an animal!**
Encourage your child to jump like a frog, run
like a deer, or explore like a jackrabbit.

☀️ **Map an exercise course!**
Help your child draw a map of your local
park. Choose different spots to do different
exercises once a week.

☀️ **Catch the change!**
Keep a journal with your child to record
changes each time you go out for a walk
or bike ride. Is it sunny or cloudy? Quiet or
noisy? Windy or calm? Wet or dry?

GO →
EXPLORE
SOUTHERN
NEVADA

