

PRESCRIPTION FOR NATURE

Did you know that nature is GOOD for your child's health? Kids who play outside are less stressed and less likely to be overweight!

Visit a National Wildlife Refuge to:

- Explore nature,
- Go fishing,
- Follow a trail,
- Float in a canoe,
- Watch birds,
- Go hunting,
- Volunteer to help wildlife, and much, much more!



So, Let's Go Outside!

Scan these QR codes using a QR reader on your smartphone.

For information
about National
Wildlife Refuges:



For FUN
outdoor
activities:

