

What can you do?

Get outside and connect a child to the wild!

Spending time outside is fun for the whole family. And it doesn't have to be somewhere far from home. Spending time outside can be simple and safe:

- Take a walk in the woods;
- Lie on your back in your backyard and watch the clouds roll by;
- Turn over rocks in a stream and look for critters;
- Catch lightning bugs;
- Climb a tree;
- Fish at a local pond;
- Draw a picture of a tree and all the animals that live in it;
- Stomp around in a swamp; or
- Picnic at a local park.

Whether it is your own backyard, a local community park or a national wildlife refuge, there are lots of outdoor places you can visit. Start by doing something small, and see what happens from there! The possibilities are endless.

Whether you are an educator, grandparent, parent, or child, nature can be the inspiration to turn off the wired world and get outside.

References for this information can be found at <http://www.fws.gov/letsgooutside>.



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U.S. Fish & Wildlife Service
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