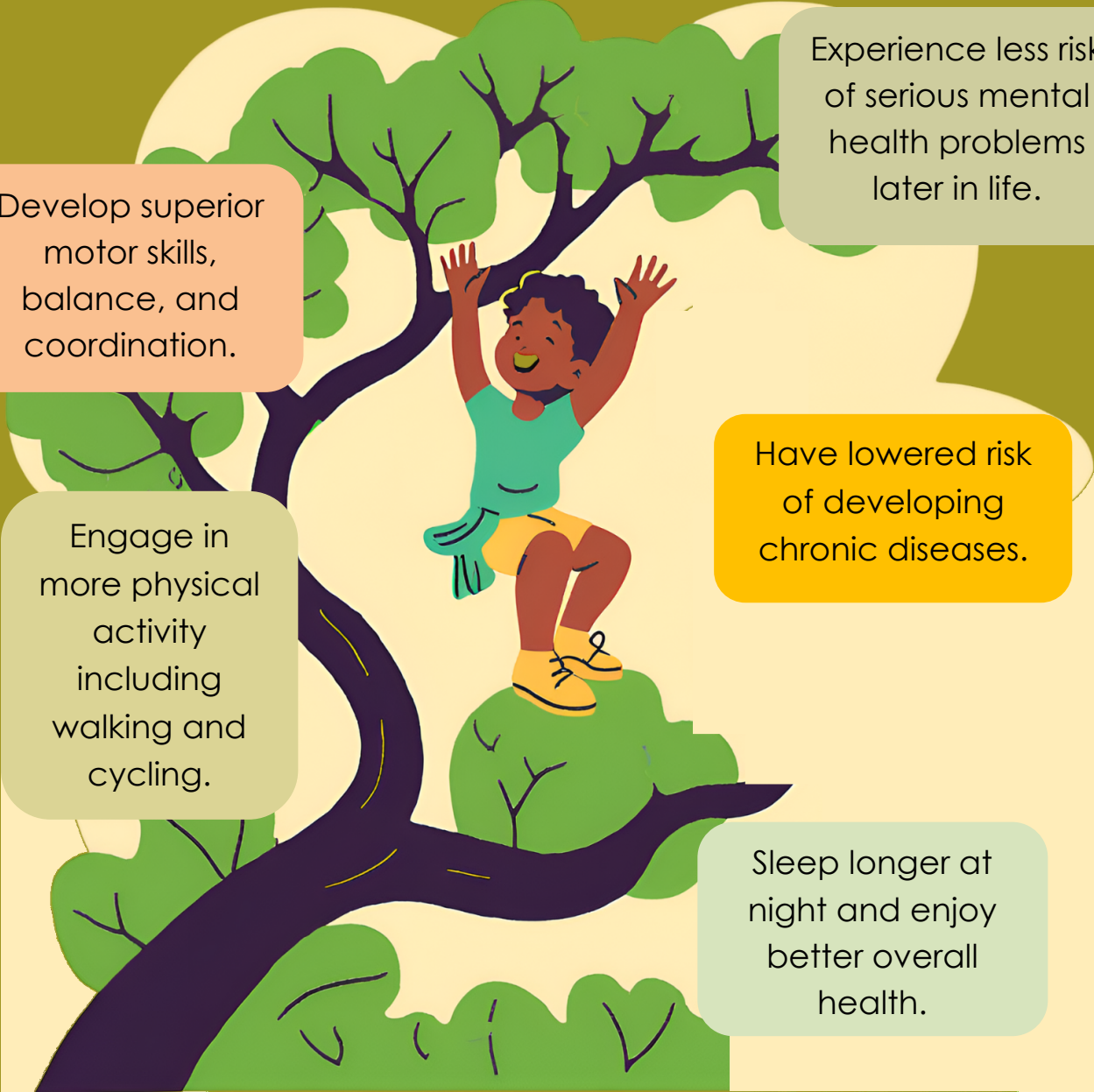


Growing Healthy Minds & Bodies

Children who live in green spaces and play in nature ...

An illustration of a young child with dark skin and curly hair, wearing a teal shirt and yellow shorts, climbing a large, dark brown tree. The child is smiling and has their arms outstretched. The tree has green foliage. Surrounding the tree are five callout boxes with rounded corners, each containing text about the benefits of playing in nature. The background is a solid olive green.

Develop superior motor skills, balance, and coordination.

Experience less risk of serious mental health problems later in life.

Engage in more physical activity including walking and cycling.

Have lowered risk of developing chronic diseases.

Sleep longer at night and enjoy better overall health.

