

# Nature iSpy

Keep your eye out for nature in the doctor's office! Check off what you see and continue the search at your local park!



# Pittsburgh Parks Prescription

Parks and green spaces support health and well-being, strengthen communities and make neighborhoods better places to live, work, and play. That's why Pittsburgh Parks Conservancy, Children's Hospital of Pittsburgh of UPMC and others have teamed up to create Pittsburgh Parks Prescription, or Parks Rx, inviting children (and adults) in every neighborhood to explore and enjoy their local parks. For more information, visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx) or contact [rx@pittsburghparks.org](mailto:rx@pittsburghparks.org)

Parks Rx is a collaboration of:



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# Parks Rx

FIND A PARK  
HAVE FUN  
BE WELL





# What is Parks Rx?

Pittsburgh's parks are yours for the playing! Getting outside is one of the best (and most enjoyable!) ways to support healthy bodies and minds. That's why health care providers are encouraging kids and families to head to their local parks and greenspaces to stay healthy and have fun.

**There are many health benefits to outdoor activity and nature play:**

**Builds** connections to nature and the outdoors.

**Increases** focus in school and at home. Outdoor activity can help your child pay attention!

**Improves** physical strength and coordination.

**Reduces** stress. Your child will be happier and so will you!

**Gives** opportunities for your child to be loud and energetic. Kids can get messy and let loose.

**Helps** maintain a healthy weight. Outdoor play is an excellent way to get exercise.

**Strengthens** family connections. Playing outside together is a great way to bond!

**Tires** kids out. Being outdoors is a great start to a good night's sleep.

**Explore** a park near you to get active and connect with nature! There are so many fun things to do outside:

**Take a hike** • **Swing and slide on a playground** • **Find bugs and butterflies**  
**Play "I Spy"** • **Go geocaching** • **Make a scavenger hunt** • **Cloud watch** • **Have a picnic**  
**Create a nature journal** • **Play group games**

## Tips for safe and enjoyable time outdoors:

- Choose a park where you feel comfortable, or try a new one by visiting with friends and get to know it.
- Dress for the weather and bring a water bottle.
- Go with friends or join a group activity.
- Find a program at a recreation center by visiting [www.citiparks.net](http://www.citiparks.net)
- Attend an outdoor event or volunteer at a park cleanup by visiting [www.pittsburghparks.org/events](http://www.pittsburghparks.org/events)
- Stay on marked trails and follow posted hours and rules.

## Here are a few ideas if you're short on time:

- Look for nature where you are
- Swap screen time for 15 minutes of outdoor play
- Play outside as a family for 30 minutes
- Stop by a park on the way home from school and have a snack

Visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx) or simply text ParksRx to 1-866-216-7543\* to receive information and periodic tips on playing outdoors and exploring new park places.

\*Standard data and message rates apply

## Nature Word Unscramble

Rearrange the letters to spell out things you find in nature:

cnrao \_\_\_\_\_

wforel \_\_\_\_\_

fflutbrey \_\_\_\_\_

omrw \_\_\_\_\_

lilurqsre \_\_\_\_\_

tnes \_\_\_\_\_

ibdr \_\_\_\_\_

For answers, visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx)

## Maze to the Park

Can you help our friend make his way through this maze so he can get to the park below?

