

Nature offers infinite opportunities for imaginative and discovery based learning.

Did you know that playing outside...

- Promotes healthy **emotional, social, and physical development**
- Helps children **manage stress**
- Stimulates children's **imagination** and **fosters creativity**
- Helps children become **better problem solvers**
- Can mitigate the symptoms of:
 - ADHD
 - Mood and Personality Disorders
 - Sensory Integration Disorders
 - Autism or Autistic Spectrum Disorders
 - Pervasive Developmental Delay
- Reduces the risk of **heart problems** later in life
- Decreases the growing trend toward **childhood obesity**

visit **funoutside.org**
for your all-in-one LNCl guidebook!

The Leave No Child Inside initiative comprises a group of more than forty-five community leaders and organizations in the greater Barrington and Lake Zurich areas. We are committed to promoting the physical, social, emotional, and cognitive well-being of children by encouraging families to get children outside, engage in unstructured activity and play, and connect with nature. Our efforts contribute to, and are supported by, the regional Leave No Child Inside initiative, sponsored in part by the US Fish & Wildlife Service, USDA Forest Service, Chicago Wilderness and the Chicago Wilderness Corporate Council. Learn more about the regional Leave No Child Inside initiative at www.chicagowilderness.org

Play was once the quintessential activity of our childhood...



... but children today children spend less and less time in unstructured outdoor activities. In the process, they miss out on a host of emotional, physical, social, and developmental benefits associated with nature play and exploration, including reduced attention deficit hyperactivity disorder symptoms, decreased anxiety, lower blood pressure, increased concentration and self-esteem, and improved interpersonal and motor skills.

"Play should not be an activity that merely diverts a child's attention or simply occupies their time; it is a relevant and valuable part of a child's normal and healthy development."

-Everett Weiss, M.D., Pediatric Specialists of the Northwest

Dear Community Members,

Now is the right time for you and your family to play outside! The Leave No Child Inside initiative and funoutside.org want to show you that getting outside is fun and safe. Whether they are building snow forts, catching frogs or simply jumping into piles of crisp fall leaves, your children will benefit physically and emotionally by experiencing all that Mother Nature has to offer. By simply being outdoors, they (and you) can discover the natural world around them, nature's special bond within them, and the natural heritage they may have never known they had.

With the advent of television, computers, and video games, today's youth spend more time indoors than exploring the natural world. With environmental issues in the news every day, it is imperative that we develop a younger generation of environmental stewards to love and protect the natural areas around us. With a growing body

of national research indicating that time spent outdoors is crucial to children's development, alliances are forming throughout the country with the same invitation to children and families: Come play outside!

Here in the Greater Barrington and Lake Zurich area, we heard and responded to this heartfelt invitation by forming a Leave No Child Inside initiative of our own. We are fortunate enough to live in one of the most biologically diverse ecosystems in the United States. Our initiative's supporters are working to make it easier for you and your family to explore these resources. By working together with schools, libraries, and other community groups, the initiative aims to coordinate outdoor family and youth programs in our area. In addition, we are maintaining the funoutside.org website so that community members may access a listing of upcoming events anytime.

Chicago
Wilderness

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CORPORATE COUNCIL

