



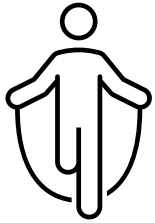
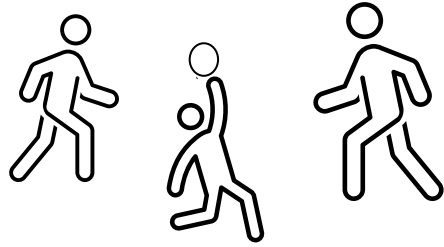
NATIONAL GARDEN CLUBS, Inc.

*presents*

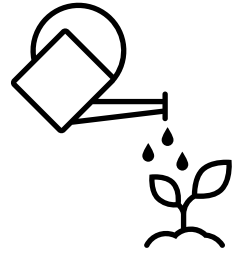
# #playoutside







Did you know that playing outside will help you be strong and healthy? It's fun to play outside! You can make friends. You can find new things to do. You can be anything you want to be outside!



This journal is a way to help you know how much time you play outside. Each day you play outside for at least 30 minutes, write down the day, what you did, and how much time you played outside. Use abbreviations for the days:

Sunday = SUN

Monday = MON

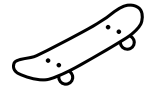
Tuesday = TUE

Wednesday = WED

Thursday = THU

Friday = FRI

Saturday = SAT



An adult can help you write and let you know how much time you were outside.

When you have played outside at least 30 days, share your journal with the adult who gave it to you. They will have something special just for you to let you know how proud we all are!



On the Bright Side—Play Outside!

**#playoutside**



## Activities

Take a walk

Jump rope

Work in the garden

Ride a bike

Go fishing

Throw a baseball

What else would you like to do?

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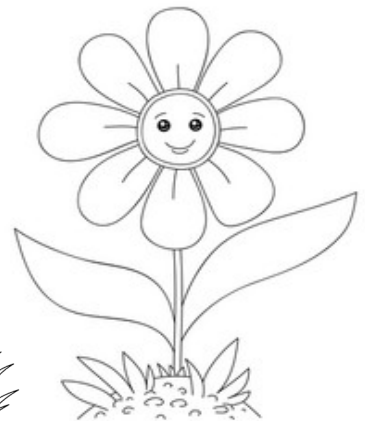
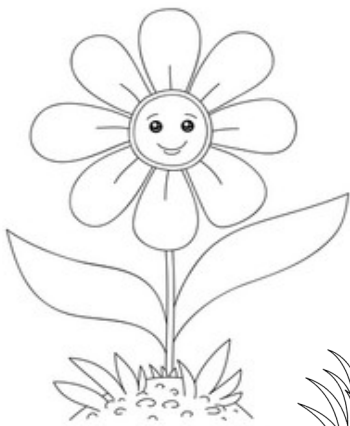
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#playoutside



# My Playtime Log

Day

What I did

Minutes

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Hours on this page \_\_\_\_\_

A decorative border of simple line-art flowers and leaves surrounds the central log table. The flowers are five-petaled and the leaves are simple oval shapes with veins.

## My Playtime Log

Day	What I did	Minutes

Total Hours on this page \_\_\_\_\_



# My Playtime Log

Day	What I did	Minutes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Hours on this page _____		_____

**#playoutside**

# My Playtime Log

Day	What I did	Minutes

Total Hours on this page \_\_\_\_\_

**#playoutside**



# On the Bright Side—Play Outside!

## Letter from PLANT AMERICA

Since research tells us outdoor activities improve health and happiness for adults and children, National Garden Clubs, Inc. is promoting outside activities to help encourage spending more time outdoors all year long.


These activities are an encouragement to balance nature time with screen time. Our society has produced many entertainments and activities for us to enjoy such as TV, iPads, iPhones, and Gameboys, but this has severely limited our outside fun time such as gardening, planting, weeding, cultivating, bike riding, roller skating. Research says children and adults need 4-6 hours a day for outside activities. Let's help the children around us begin to gain more outdoor time by participating in a variety of outside activities each day.

Outside activities build physically healthier individuals, improve motor skills, help prevent obesity and strengthen muscles and bones. Unstructured outdoor play for children contributes to cognitive and social/emotional development, improves imagination, develops positive behavior skills, and improves communication, cooperation, and organizational skills.

Copy the #playoutside journal and share it with a child close to you, keeping the certificate on the last page to give to them later. Help them fill out their daily entries if needed. When they have completed at least 30 hours of outdoor activities, they can share the booklet with you. You can fill out the certificate on the following page or print off a certificate from the NGC website (FORMS section) to give to the child right away to celebrate their accomplishment.

Your friends at National Garden Clubs, Inc.

**#playoutside**



**On the Bright Side—Play Outside**  
**WOW, you did it!**

You played outside for 30 days  
or more!

We are so proud of you. Keep  
playing outside as much as  
you can.

Name \_\_\_\_\_

Date \_\_\_\_\_

Adult's  
Signature \_\_\_\_\_

NGC President Mary Warshauer