

Outdoor Living



Life's Better Outdoors

How many hours per day does the average American child spend plugged into electronic media?

- a. 4.5 hours
- b. 5.5 hours
- c. 6.5 hours
- d. 7.5 hours



d. 7.5 hours

Research shows that:

- a. Spending time outdoors can lessen the symptoms of Attention Deficit Disorder/ADHD
- b. Time playing in natural green spaces can improve motor skills, including coordination.
- c. 30 minutes outside a day can result in a better night's sleep.
- d. All of the above



d. *All of the above*

Today's children spend ____% less time outdoors than children 20 years ago.

a. 50%

b. 10%

c. 80%

d. 60%



a. 50%



(White 2008)

Which of these outdoor activities can you do with your family to increase health and energy?

- a. Go for a walk or bike ride
- b. Throw rocks in water
- c. Go fishing
- d. Play tag
- e. All of the above



e. *All of the above*

Regular time in nature is a critical tool that can be used to prevent obesity and encourage physical activity at no cost.

- a. True
- b. False



a. True

(Coyle n/d)

Nature plays an important role in Alaskan children's lives by supporting healthy physical, emotional, social and academic performance.

- a. True
- b. False



a. True

(AKELP)

**What are a few things you can do if
you decide to decrease screen time for
your family?**



- Set limits
- Use TV as a special treat
- Have an electronic free day each week (maybe Sunday)
- For every hour of screen time, spend an equal amount of time outdoors

How can we use our schools as a way to engage our children in nature?

- a. Incorporate outdoor time in wellness plans
- b. Restore recess
- c. Create a school yard habitat
- d. Walk and bike to school programs
- e. All of the above



e. *All of the above*

Students who experience and learn the value of Alaska's natural environment are more likely to become adults who make informed decisions on environmental issues.

- a. True
- b. False



a. True

**Name two simple ways that you can
spend time with your family in the
outdoors this week.**



Any answer is correct
as long it is a healthy
outdoor activity!

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