



# SD CHILDREN & NATURE

San Diego Children and Nature Collaborative

## Nature Rx

Nature Prescription

Studies show that kids are happier and smarter with exposure to nature. Spending time in nature builds independence, creativity, concentration and problem-solving abilities. Outdoor exercise lowers stress and helps maintain a healthy weight and body. The great outdoors brings families together for little to no cost.

Provider Name: \_\_\_\_\_; Date \_\_\_\_\_  
Patient Name \_\_\_\_\_

- **KIDS – Go outside and play each day!** Find nearby nature in your yard, neighborhood park or canyon.
- **With your children, visit a nature location within 1 month; If visiting Mission Trails Regional Park below, please submit form below. HAVE FUN!**  
What to do: Explore, hike, climb, listen for birds, watch clouds, find rocks, observe plants, look for tracks.

Mission Trails Regional Park Visitor Center: 619-668-3281, [www.MTRP.org](http://www.MTRP.org); 1 Father Junipero Serra Trail, San Diego 92119 (San Carlos area). Take the I-15 to Mission Gorge Rd, go east; Open daily 9-5 p.m., Closed Thanksgiving and Christmas. Free guided walks 9:30 a.m., Wed., Sat., Sun.; Free Family Discovery Walks, 3pm on 4<sup>th</sup> Sundays, (For 2012, January, March, May, July, September, November), led by NatureRx Coordinator Jennifer Douglas, MTRP trail guide.

- **Limit screen time** to 1-2 hours daily (TV, computer, video games, mobile phone, etc.).

Provider Signature \_\_\_\_\_

For more information: **San Diego Children and Nature Collaborative**, [www.sdchildrenandnature.org](http://www.sdchildrenandnature.org);  
**Children & Nature Network**, [www.childrenandnature.org](http://www.childrenandnature.org)

-----FORM – CUT HERE-----



**Provider name/health care organization** \_\_\_\_\_

**Mission Trails Regional Park.** Put coupon in the NatureRx box at Mission Trails Regional Park.

Parent first/last name and patient (child's) name \_\_\_\_\_