



WINTER PASSPORT

Top Ten Reasons to Help Your Family “Come Alive Outside” with the Winter Passport

- 1. Strengthen family connections.** Getting outside makes time for listening, laughing, moving, and learning together.
- 2. Exercise!** Children should be active for an hour every day, and getting outside is a fun way to do this together.
- 3. Sunshine.** Vitamin D is crucial for immune systems, healthy sleep, and mood. Our bodies work best with some sunshine in our day.
- 4. Unplug.** Spending time in nature is a great way to remove technology and gadgets for everyone in your family.
- 5. Stress reduction.** Exercise and fresh air reduce stress hormones and increase a sense of wellbeing.
- 6. Appreciation of nature.** Walking in the woods or climbing a mountain can help children appreciate nature and the planet.
- 7. Build confidence.** Playing outside has less structure, which allows children to build confidence and control in how they interact and choose what they do.
- 8. Promote creativity and imagination.** From fairy houses to building and making, there are infinite ways to interact creatively in nature.
- 9. Play.** Play is fun, builds social skills, and is important for brain development.
- 10. We live in a beautiful place.** Enjoy Addison County together as a family.

We hope you'll participate in the Winter Passport program with your family!