

Children's Outdoor Bill of Rights



Every child should have the opportunity to:

- Discover wilderness—prairies, dunes, forests, savannas, and wetlands
- Camp under the stars
- Follow a trail
- Catch and release fish, frogs, and insects
- Climb a tree
- Explore nature in neighborhoods and cities
- Celebrate heritage
- Plant a flower
- Play in the mud or a stream
- Learn to swim



The Chicago Wilderness Leave No Child Inside initiative promotes a culture in which children enjoy and are encouraged to be outside in nature, and as a result are healthier, have a sense of connection to their place, and become supporters and stewards of local nature.

All Leave No Child Inside programs strive to nourish children's curiosity, growth, and creativity through unstructured play time outside in nature and other outdoor activities.



leave no child inside
a chicago wilderness initiative

It's time for kids to take a break from the TV and the computer *and go back outside!*



Research shows that participation in outdoor activities in parks, backyards, gardens, or forest preserves can increase self-esteem, decrease symptoms associated with attention-deficit-hyperactivity disorder, contribute to emotional growth, and combat childhood obesity.

Find inspiration in the Children's Outdoor Bill of Rights and take your children or students outside to skim stones, count butterflies or catch-and-release fish. Encourage the kids to look, listen, touch, and smell. Let them take the lead—with their natural curiosity, children will quickly find something to explore.

Don't be afraid of not knowing the answers. You don't have to know everything about plants and animals to help children to enjoy them; half the fun is asking questions and building a sense of curiosity and wonder together. Visit www.kidsoutside.info for more family activity ideas and information about upcoming guided nature play programs.

Chicago Wilderness is a regional alliance that connects people and nature. We are more than 250 organizations that work together to restore local nature and improve the quality of life for all who live here, by protecting the lands and waters on which we all depend. For more information about our programs, visit www.chicagowilderness.org. This publication was supported by a grant from the USDA Forest Service and was designed by the Chicago Zoological Society/Brookfield Zoo.



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Wilderness



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