



HOUSTON CHILDREN'S OUTDOOR BILL OF RIGHTS

MENTAL HEALTH AND WELLNESS BENEFITS

RIGHT: MENTAL HEALTH AND WELLNESS

Children have the right to experience the mental health and holistic wellness benefits of engaging with nature.

Spending time outdoors isn't just enjoyable — it's also necessary. Kids should play outside because it builds confidence, promotes creativity, teaches responsibility, gets them moving, and reduces stress.

In natural environments, we practice an effortless type of attention known as **soft fascination** that creates feelings of pleasure, not fatigue.

Nature play allows children to think more freely, design their own activities, and approach the world in inventive ways.

The way that kids play in nature has a lot **less structure** than most types of indoor play, and letting your child choose how they treat nature means they have the power to control their own actions.



Hear the **impact** of mental health and wellness from Houston youth



Check out over 600 unique works of art within Houston's **Civic Art Collection.**



De-stress with a visit to a community ran garden established by Houston's **Urban Garden Program**



View a schedule of free outdoor **fitness classes** at Discovery Green.

