

Outdoors vs. Screentime

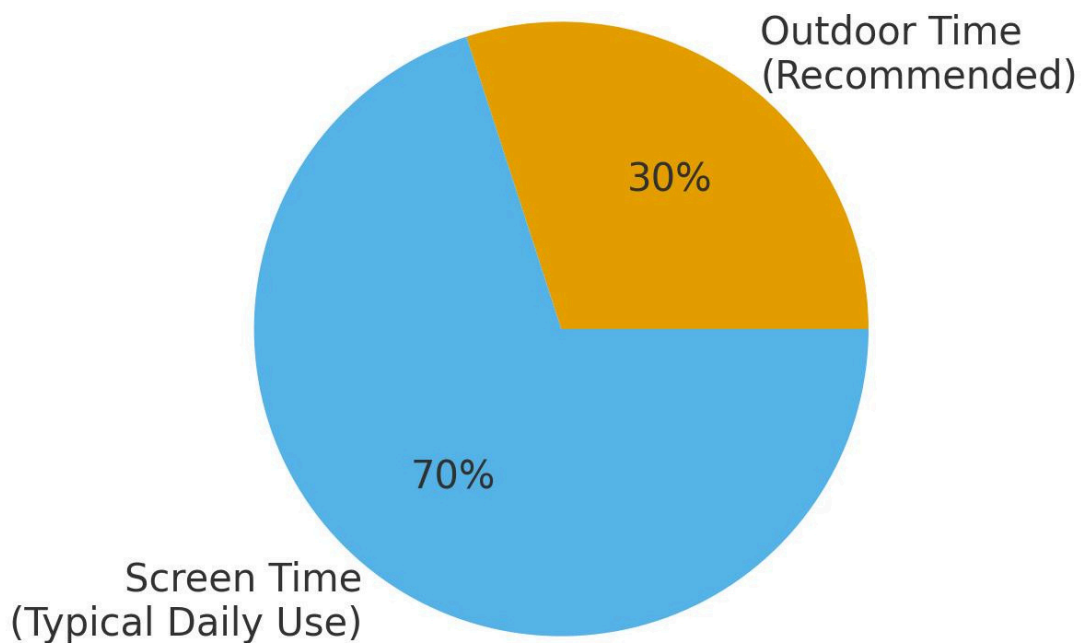
A Free Educational Resource



Outdoors vs. Screen Time

In today's digital world, children and adults are spending more time indoors and on screens than ever before. Balancing modern technology with outdoor experiences is essential for emotional well-being, healthy development, and building confidence. Nature resets the mind, reduces stress, and strengthens family bonds.

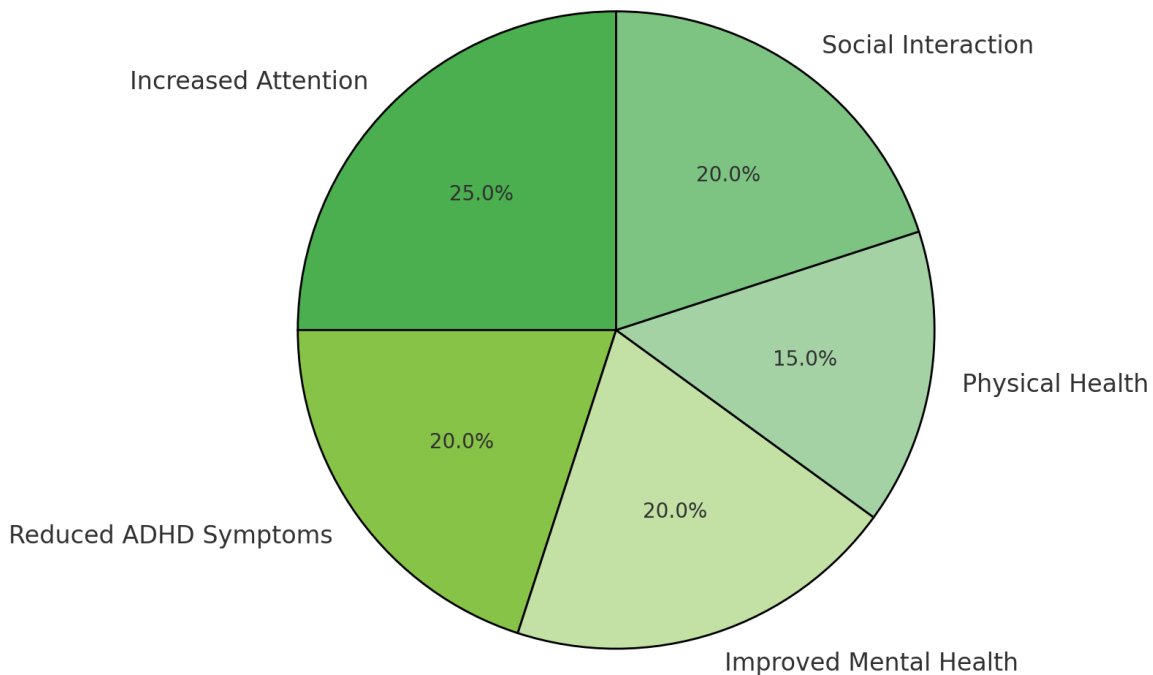
Outdoor vs Screen Time



Benefits of Outdoor Time

- Boosts mood and lowers anxiety
- Improves focus, attention, and academic performance
- Encourages curiosity, creativity, and problem-solving
- Strengthens motor skills and physical health
- Improves sleep and reduces overstimulation
- Supports emotional balance and social skills

Benefits of Outdoor Engagement



Why Reducing Screen Time Matters

- Risks of Excessive Screen Time Increases stress, irritability, and emotional overwhelm
- Weakens attention span and motivation
- Disrupts healthy sleep cycles
- Reduces physical activity
- Can lead to emotional dependency on devices

Simple Ways to Add More Outdoor Time

- Take a daily 10–20 minute nature walk
- Spend one hour outside on weekends
- Bring homework, reading, or journaling outdoors
- Create small backyard exploration activities
- Limit screens one hour before bedtime
- Attend outdoor community classes or workshops



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