

# National Play Outside Day

## Saturday, April 7th, 2012

[www.PlayOutsideDay.org](http://www.PlayOutsideDay.org)  
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**The first Saturday of every month**

### **What is National Play Outside Day?**

A day, once a month, where everybody in the entire nation plays outside.

This includes Kids, Parents, Adults, Families and Grandparents.

### **Why play outside?**

- It is fun!!!
- All of your friends will be playing outside on this day.
- There are endless things to discover and play with outside.
- Fresh air and sunlight, do you get this inside?
- The beauty of nature.

### **Why have people stopped playing outside?**

- There is a ton of cool stuff inside (video games, TV, computer, toys.....)
- It is different than when we were kids. Parents had to yell for kids to come in, now parents have to yell to get kids to go outside.
- It is up to parents to encourage outdoor activities, it starts with the parents.
- Playing outside is a choice, it take a little effort, like putting shoes on. But it is worth it once you get outside.

### **What should you do?**

- Grab some friends and family, GO OUTSIDE AND HAVE SOME FUN