

# Outdoor Activities Checklist

Spring 2022

## Before screen time...

*let's spend more time outside!*

More time outdoors may lower a child's risk for myopia. A study looked at kids who spent 40 extra minutes of time outdoors each day. They lowered their risk of getting myopia or more severe myopia (stronger prescription/eyeglasses)<sup>1</sup>.

Name: \_\_\_\_\_



Make art with **sidewalk chalk**



Plant a **garden**



Take your **dog** for a long walk



Camp out in the backyard



Practice **outdoor yoga**



Find a **NEW playground**



Have a **picnic** outside



Create a **scavenger hunt**

check out **PBS Kids app: Plum's Photo Hunt**



Play **Frisbee golf** with targets around the yard



Hit the **trails**: walk, bike, hike, or skate.

check out **AllTrails app** at [www.alltrails.com](http://www.alltrails.com)



**Explore Locally:**

visit a botanical garden, zoo, or sculpture park

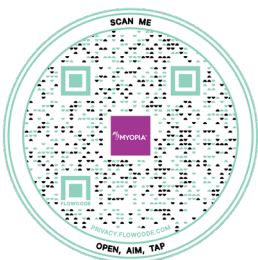


**Play FourSquare:**

grab a ball & a piece of chalk



Fill in your own fun idea here



**My MYOPIA**<sup>®</sup>

[mymyopia.com](http://mymyopia.com)

An awareness campaign sharing important on the childhood myopia epidemic to improve lifelong ocular health.

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Scan the QR code for more creative ways to get your child outside.

References: 1. <https://www.aaopt.org/eye-health/tips-prevention/children-vision-development>