



# Indiana Children & Nature Network

Happier, Healthier, Smarter



## Kids Need Nature

Children who spend time outdoors tend to be:

- More confident
- Healthier
- Less stressed
- More physically fit
- More creative
- Better test takers
- Better problem solvers & critical thinkers

The average American child spends more than 50 hours a week using electronic media!



**And that's only the beginning!**



**ICAN can help you connect kids with nature.**

**Visit our website to learn more:  
[www.IndianaChildrenAndNature.org](http://www.IndianaChildrenAndNature.org)**



ICAN is a project of the Environmental Education Association of Indiana · [www.EEAI.org](http://www.EEAI.org)

