

# ICAN Play 30



**I pledge to play outside 30 minutes a day**

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**Outdoor play is important for my mental, physical,  
and emotional learning and health. Nature play  
doesn't have to be far away or organized, just  
get outside and get creative — nature play is fun!**

**The #ICANPlay30 pledge is brought to you by the Indiana Children and Nature  
Network. Find nature play ideas at [www.IndianaChildrenandNature.org](http://www.IndianaChildrenandNature.org)**

