

ICAN Play 30



I pledge to play outside 30 minutes a day

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

