



# Kids+Outdoors=Fun!

**If you can go to school , you can go for a hike!**

Backpack ✓ Sneakers ✓ Lunch ✓ Water ✓ Jacket ✓

## Being Outside Helps improve

- Physical Health
- Reduces Stress
- Increases Intellect
- Strengthens Relationships
- Prepares Us to Accept, Meet Challenges

## Did you know?

Scientists at the Sage Colleges of Troy, N.Y., have discovered that exposure to certain kinds of soil bacteria can reduce anxiety and increase learning capabilities when ingested or inhaled.

## Need ideas on where to go?

You don't have to travel far...

### Corvallis Options:

- Finley Wildlife Refuge
- Peavy Arboretum
- Willamette River Trail
- Martin Luther King Jr. Park

### Within Driving Distance:

- McDowell Creek Falls County Park
- Alsea Falls Recreation Area
- Beachside State Recreation Site
- Silver Falls State Park



**"Play is the highest form of research."**

-Albert Einstein



Accommodations for disabilities may be made by contacting 541-737-4906 or [familyresources@oregonstate.edu](mailto:familyresources@oregonstate.edu).