



Play Serve Celebrate  
www.childrenandnature.org

1<sup>st</sup> Annual Township of Chisholm  
Let's G.O.! (Get Outside) Challenge  
Registration Form

\*Please indicate how many individuals were involved in your activity (adults)\_\_\_\_\_ (children)\_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail (optional) : \_\_\_\_\_

Address: \_\_\_\_\_

Activity Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Drop your registration off at the Township Office after you have completed your activity.

Prize draw will be on August 31, 2017 at 4:00.

Did you Know...

- Stress and cortisol levels drop as time in nature increases
- Children who play in natural settings have higher math and language scores
- Time spent in nature is as effective as Ritalin in most children previously diagnosed with ADHD
- Vandalism drops directly in proportion to the number of trees in the neighbourhood
- More nature=greater problem solving abilities
- There is a direct and positive correlation between contact with nature and imaginative play