

Being in Nature is the Ultimate Mood Booster

Nature can be a powerful way to increase your child's fine motor skills and help boost your child's mood. Getting outdoors is a wonderful way to tend to our bodies emotional and physical needs. Although the cold weather is coming, there are activities we can still do out in nature -- it can be as simple as playing in a puddle! Below are some ideas of how you and your family can get outdoors this winter!

1. Ice Skating: There is an outdoor ice skating rink every winter in Downtown Sacramento!
2. Bike Riding: Bundle up and get your legs warm!
3. Winter Picnic: Natomas has many beautiful parks! Make some sandwiches, grab a blanket (or two), snacks and waters and explore a park in Natomas that you've never been to before. Need a list of parks in Natomas? Check this out:
<https://www.cityofsacramento.org/ParksandRec/Parks/Park-Directory/North-Natomas>

Want to learn more? Read about why being in nature for just five minutes will bring you sunny weather using the link below!

<https://www.travelandleisure.com/trip-ideas/nature-travel/nature-improves-your-mood>