

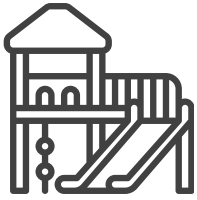


# Out & Grown

## Find a Park



## Start Your Search!



### KEEP IT LOCAL

Looking for a new neighborhood favorite, or hoping to support your local parks? Check out your parks and recreation departments for your city, town and county for all of the parks they have to offer. You might be surprised at what you find just a short drive away!



### GO BIG!

Visit your state's Department of Recreation for parks and forests.

## Explore Nature Nearby

Not everyone has a traditional "park" nearby, but there are still plenty of opportunities to get outdoors and enjoy nature! Here are some ideas to help you get outside if you don't have greenspaces near you:

- Take a walk in the city and look for murals
- Splash in puddles on sidewalks
- Visit the local school playground
- Run some errands on foot! Pick up a coffee or walk to the market.

Get creative! Create a park near you! Use some recycled cardboard to slide down a hill, either bring some paper outside or use chalk to design your ideal park.

## GET SOCIAL!



1

Check with local parenting groups online. Parents know what you are looking for!



2

Join your local OutGrown branch and ask for recommendations. Traveling? Join the branch at your destination for local tips!



3

Visit OutGrown's Family Trail Guide for parent recommended trails & parks near you.

## Check out National Parks

Ready to travel to a new location for your adventure? Check out the National Park System! You can visit [nps.gov](https://www.nps.gov) for locations of National Parks and National Forests.

### National Forests

Focus on preservation but also provide services like lumber production, cattle and more. You may find more options for activities like off-road vehicles and bringing your pets along with you!



### National Parks

Emphasize preservation to keep parks "unimpaired for future generations."

## ADVOCATE

### 10 Minute Walk

This movement seeks to "create a world in which 100% of people in U.S. cities have safe access to a quality park or green space within a 10-minute walk of home by 2050". Check out [10minutewalk.org](https://www.10minutewalk.org) to see if your mayor has signed on to the mission! If not, write a letter to your mayor to suggest they join. You can also help by participating in trail cleanups and local fundraisers.