



# Move It Outside

Move It Outside falls during Screen Free Week. Schools and community groups throughout Pennsylvania hold outdoor activities to encourage youth to increase activity levels and reconnect with nature.

## **Celebration ideas:**

- Newsletter article or flyer for families
- Visit a park or schedule a nature walk
- Plan an outdoor lesson
- Hold a school-wide walk or run

## **Resources:**

- [Move It Outside Homepage](#)
- [Playground Finder](#)
- [Forest Finder Tool](#)
- [Montgomery County Parks, Trails and Historical Sites](#)
- [Screen Free Week](#)