Nearby Nature
Nature Explore Classroom at Lone Star Family Health Center
NATURE EXPLORE CLASSROOM

Courtesy of Nature Explore/Dimensions Educational Research Foundation
 CONNECTING PEOPLE TO NATURE

LONE STAR FAMILY HEALTH CENTER

605 S. Conroe Medical Drive
Conroe, TX 77304
936-558-400A

Outdoor Activity Prescription
Personalized For:

By: Daniel Porter MD
6/30/2019

My Schedule (when and where will you play outside this week?)
Weekdays:
Weekends:

Parents/Child's Signature:

The GOAL is to get outside and PLAY at least 60 minutes a day and limit all types of screen time (TV, phones, video games, tablets) to less than 1 hour a day.

Get Outside and:

Just Play!
Visit a park, forest, wildlife refuge, playground, or nature center
Take a walk around the block
Ride a bike (wear a helmet), go bird watching, or just explore

Have you visited our outdoor classroom area right outside the Conroe location of our Health Center? Ask your provider about it and go check it out!

Some Local Places to Check Out

City of Conroe Parks:
http://www.cityofconroe.org/departments/parks-recreation/parks

There are currently 24 parks just in the City of Conroe - there is one close to you! You might be able to walk to one.

Two that highlight natural areas include the John Burge Park and Carl Barton, Jr Park

W.G. Jones State Forest:
http://www.stateparks.com/w_g_jones.html
Located right off of I-45 on 1465 west, about 10 min. from Conroe

Huntville State Park
http://tpwd.texas.gov/state-parks/huntville
Located north of Conroe in Huntsville about 35 min from Conroe

Sam Houston National Forest
http://www.stateparks.com/sam_houston.html
Located north of Conroe in Huntsville about 35 min from Conroe

Bayou Land Conservancy Preserves and Greenways
http://www.bayoulandconservancy.org/
Several areas to choose from

Mercer Botanical Gardens
http://www.hcpl.net/Community/Parks/Mercer
Located near Old Town Spring - about 30 min from Conroe
ADVENTURE GUIDE

Área del jardín
Toca suavemente las plantas pero no las arranques. Huele la fragancia de las hierbas.

¿SABÍAS QUE...?
- Pasar tiempo en la naturaleza...
  - Mitiga el impacto de la demencia
  - Reduce el estrés y sus impactos
  - Afina la visión
  - Mejora la visión
  - Reduce la fatiga mental

Área para escalar
¡Sube, trepa, balanceate y salta!

¿SABÍAS QUE...?
La naturaleza ayuda a los niños a desarrollar el poder de la observación y la creatividad y propicia una sensación de paz y equilibrio con el mundo.

Favor de supervisar y participar en el juego con sus niños. Devuélva esta guía a su lugar al terminar.

Nuestro Salón para Explorar la Naturaleza se logró gracias a la participación del Servicio Forestal de los EE.UU., en conjunto con la_UNA (Unión Nacional de Asociaciones de Padres), la Fundación del Día del Árbol y la Fundación de Investigación Educativa "Dimensiones", así como con el apoyo adicional de la Escuela de Artes de Texas A&M y otros colaboradores de la comunidad.

Para saber más sobre nuestros salones nacionales y la conexión de los niños con la naturaleza, visite natureexplore.org

Adventure Guide

Welcome to the Lone Star Family Health Center’s Nature Explore Classroom!
Use this adventure guide to help you plan, explore, and stay healthy. Parents, please supervise and participate in the play of your children.

Gathering Space
Your adventure begins here!
Look over all of the Nature Explore Classroom and then use this guide to plan what you would like to do.

DID YOU KNOW?
Children who spend time in well-designed Nature Explore Classrooms with nature and conflict play better and experience less stress during the day.

Building Area
Look around you. What elements of nature inspire you? Can you use the blocks to create a structure that represents something interesting in nature?

DID YOU KNOW?
Children who regularly connect with the natural world show more confidence and include illness, including coordination, balance and stability.

Nature Explore is an initiative of Arbor Day Foundation and Dimensions Educational Research Foundation.