



Exercise. Throw a ball to your dog. Go for a short walk.

Use your 'outdoor living room' to connect with immediate family.

- Observe local 'stay-at-home' orders
- Keep at least 6 feet away from people you don't live with
- Don't gather in large groups
- Wear a face mask in public

Get Outside

De-stress Outdoors Even While Social Distancing
But Be Responsible

Unwind. Find solace. Sit and listen to nature.

School closed? Keep kids engaged. Go on a nature hunt. Get outdoor lesson plans at [TurfMutt.com](https://www.turfmutt.com).

Plant something. Mow the yard. Trim a bush or tree.



[TurfMutt.com](https://www.turfmutt.com)

