

BE OUT THERE... WITH BUTTERFLIES!

National Wildlife Federation (NWF) created the Be Out There movement to give back to American children what they don't even know they've lost — their connection to the natural world. Through Be Out There, NWF will help build a nation of healthier, happier kids, one step outdoors at a time. Kids today spend twice as much time indoors as their parents did, missing out on the simple pleasures and lasting mental and physical health benefits of daily outdoor time.

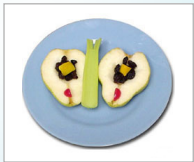
Be Out There's practical tools for families, schools and communities will make being outdoors a fun, healthy and automatic part of everyday life. By raising awareness, inspiring behavior change and taking action, Be Out There will help get American children and families back outside — where they belong!

Spring is in the air, and that means that soon something else will be in the air: butterflies! So spend some time outside with your kids today and see if you can spot one of those colorful creatures. If you need some inspiration, here are four ways you can celebrate butterflies:



1. Create a butterfly garden

One of the best ways to attract butterflies to your yard is to plant nectar-producing flowers that have red, yellow, orange, pink or purple blossoms. Plant them in a sunny spot in a group so they grow in clusters. You can also bring butterflies to you by mashing up fruit with sugar and smearing it on a rock, tree or other surface in your yard. Make your garden as butterfly-friendly as possible by putting out a shallow pan of wet sand or mud for them to sip from, and by providing a few rocks they can use to bask in the sun.



2. Make a butterfly you can eat

Fresh fruit is the perfect springtime snack, so use your imagination to whip up a fruity butterfly treat. Use two halves of a pear or a few apple slices for the wings. For the body try a piece of celery, a carrot or a banana. Celery or carrot strips also work great for the antennae. Decorate your butterfly with raisins, cereal, cherries or anything else you like.

3. Learn some fun facts

Did you know that a butterfly can't fly if its body temperature falls below 86 degrees F? Or that they drink the tears of turtles? And they use their feet to taste? Curious kids can learn more by checking out the butterfly article from Ranger Rick Jr. and butterfly fact sheet from Ranger Rick at www.nwf.org/kids.



4. Get crafty

Use a coffee filter, a pipe cleaner and pom-poms to make a beautiful butterfly that won't fly away.

The Great American Backyard Campout

On June 22, thousands of people across the nation will gather in their backyards, neighborhoods, communities and parks to take part in a one-night free event that will provide an experience for all generations to connect with nature.

Be a part of the movement! The positive effects of daily, unstructured time outdoors on kids' health are well documented and wide-ranging. National Wildlife Federation encourages families and friends to Be Out There™ in order to give back to American children what they don't even know they've lost — their connection to the natural world. Camping with friends and family is a great way to get outside in the great outdoors.

Sign up now at www.backyardcampout.org to be part of Great American Backyard Campout and join other families across the nation as we spend a night under the stars.

TIPS FOR PARENTS

- Give your child a "green hour" each day and promote good health and well-being. For more great outdoor activities, visit www.BeOutThere.org
- Watch for wildlife and tell us what you find: www.nwf.org/wildlifewatch
- Discover nature nearby by typing in your ZIP code in NatureFind: www.nwf.org/naturefind
- Create a certified wildlife habitat: backyard, schoolyard or community space at www.nwf.org/gardenforwildlife
- Green your school: www.eco-schoolsusa.org



To enter the Draw Ricky Contest, submit your drawing at www.nwf.org/DrawRicky. Or send it by mail to **Draw Ricky Contest, 11100 Wildlife Center Drive, Reston, VA 20190**. Please include your name, age, address, phone number and email address with your submission. All entries are due by **June 30**. See the website for official rules. Have fun drawing Ricky!



Get in touch with your local National Wildlife Federation office. Seattle staff members are happy to help connect your family, school, troop or neighborhood with resources, or, to support these great programs, contact us at **206.577.7809** or visit www.nwf.org.



To register for NIE, visit us at seattletimes.com/nie or call **206.652.6290**.