



Sixteenth Street
ENVIRONMENTAL HEALTH



GET OUTSIDE GUIDE

**40 free or low-cost activities to do outdoors
on and near Milwaukee's South Side
(including your own backyard!)**

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Get Outside Guide

Did you know that spending time in nature can reduce symptoms of anxiety and depression¹? And that families who spend time together in nature feel closer and are better able to get along²? These are just two of the many positive mental and physical health benefits of spending time in Milwaukee’s many beautiful green and blue spaces.

Not sure where to start? We’ve put together a guide of some of the most accessible activities for children and their families that can be found on or near the south side of Milwaukee. The free activities are at the top of the list and gradually shift to paid activities. Ready to try something new? Just turn the page and click the links to learn more!

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Symbol Guide



Free activity



Fall activity



Spring activity



Spanish-speaking activity



Winter activity



Summer activity



1 Play games and do fun activities in **your yard**



Click the links to learn more!



2 Find a **sit spot** to stop and connect with nature



3 Collect leaves for a **leaf collection**



4 Find treasures on a nature walk to put in a **wonder bowl**



5 Keep a **nature notebook** to note changes from season to season



6 Do a **photo scavenger hunt** with your family



Read a story outside using one of the **little free libraries**

7



8 Do a **spring clean-up** with Milwaukee Riverkeeper



Build a sandcastle on one of the **beaches of Lake Michigan**

9



10 Join a local **walking or biking club** with Sixteenth Street's Líderes por la Salud



11

Enjoy art in nature at
Lynden Sculpture Garden



Find hidden treasures
by **geocaching**

12



13

Monitor the rivers with
Milwaukee Riverkeeper



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Enjoy a **free outdoor concert**
in one of Milwaukee's parks

14



15

Have a picnic in your
local park



16 Go for a walk along the Kinnickinnic River on the **KK River Trail**



Learn about the connection between the environment and health at a **family workshop**

17



18 Take a walk or historical tour through **Forest Home Cemetery's Arboretum**



Set up a **sensory bin** for your child with items you find on a nature walk

19



20 Do a **yoga class** with MKE Rec (free with your own mat)



21 Go ice skating downtown
(free with own skates)



Attend an outdoor event at the
Urban Ecology Center
(some free, some paid)

22



23 Hike the Ice Age Trail in
Waukesha County



Go fishing from shore
in or around Milwaukee

24



25 Rent a community garden
bed to grow fruits and
vegetables



26 **Adopt a tree** in a local park



Rent a bike and go for a bike ride along the **Oak Leaf Trail**

27



28 **Rent a tent** and **go camping** with your family in the backyard



Take a **swimming class** with Milwaukee Recreation

29



30 Enjoy a nature walk and spot birds at **Wehr Nature Center**



31 Stop and smell the roses at the **Boerner Botanical Gardens**

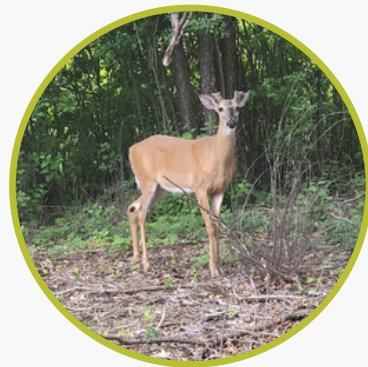


Go apple picking at a local farm

32



33 Explore Wisconsin's only urban state forest at **Havenwoods**



Spot birds or go snowshoeing at **Lakeshore State Park**

34



35 Try a winter sport at **Whitnall Warming House**



36 Rent cross-country skis
and go skiing at
Lapham Peak

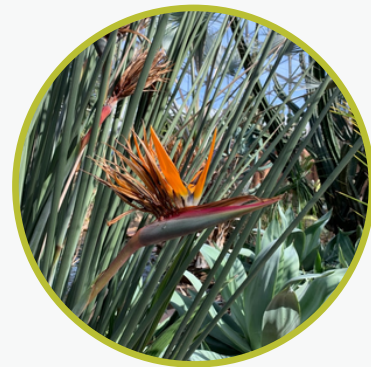


Rent a kayak and
go kayaking along
Milwaukee's rivers

37



38 Explore plants from all
over the world at the
Mitchell Park Domes



Pick your own strawberries
at a local farm

39



40 Go for a hike at the Schlitz
Audubon Nature Center



References

1. Grassini S. A Systematic Review and Meta-Analysis of Nature Walk as an Intervention for Anxiety and Depression. *J Clin Med.* 2022 Mar 21;11(6):1731. doi: 10.3390/jcm11061731. PMID: 35330055; PMCID: PMC8953618.
2. Izenstark, D., & Ebata, A. T. (2017, November). The Effects of the Natural Environment on Attention and Family Cohesion: An Experimental Study. *Children, Youth and Environments*. Retrieved on December 21, 2017 from <http://www.jstor.org/stable/10.7721/chilyoutenvi.27.2.0093>

Further Reading

1. Last Child in the Woods (Richard Louv)
2. Braiding Sweetgrass: Indigenous wisdom, scientific knowledge, and the teachings of plants (Robin Wall Kimmerer)
3. All We Can Save: Truth, Courage, and Solutions for the Climate Crisis (edited by Ayana Elizabeth Johnson & Katharine K. Wilkinson)
4. Beyond Ecophobia (David Sobel)
5. Sharing Nature with Children (Joseph Cornell)
6. Balanced and Barefoot: How Unrestricted Outdoor Play Makes For Strong, Confident, And Capable Children (Angela J. Hanscom)
7. How to Raise a Wild Child (Scott D. Sampson)
8. The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids (Todd Christopher)
9. Your Brain on Nature (Eva M Selhub, MD & Alan C. Logan, MD)
10. WALK: Slow Down, Wake Up, and Connect at 1-3 Miles per Hour (Jonathon Stalls)
11. The Field Guide to Citizen Science: How You Can Contribute to Scientific Research and Make a Difference (Darlene Cavalier, Catherine Hoffman, & Caren Cooper)

Who We Are

The Department of Environmental Health & Community Wellness at Sixteenth Street Community Health Centers reaches beyond the clinic walls to improve the wellbeing of the community by encouraging healthy behaviors and positively transforming and enhancing factors in the natural and built environment that impact human health – the social and environmental determinants of health. We do this by centering resilience, environmental sustainability and environmental justice in all that we do. Our department offers free, bilingual services and programs for the whole family all year round.

Contact us

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🌐 <https://sschc.org>

📍 1337 S. Cesar E. Chavez Drive, Milwaukee, WI 53204



Take our survey to help break down barriers to park access for people of color!

