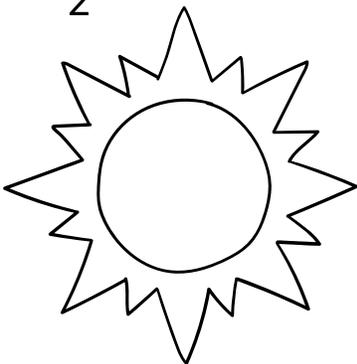


NDOR

Coloring Page



2

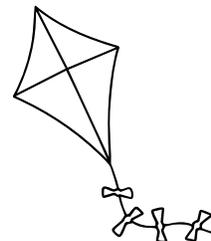


Humans need nature to be happy and healthy! Playing outside for just **17 minutes a day** is good for your brain and your body.

For every 17 minutes you spend playing outside, color in one piece of the picture. Maybe you will discover a few new ways to enjoy the outdoors!

1

3



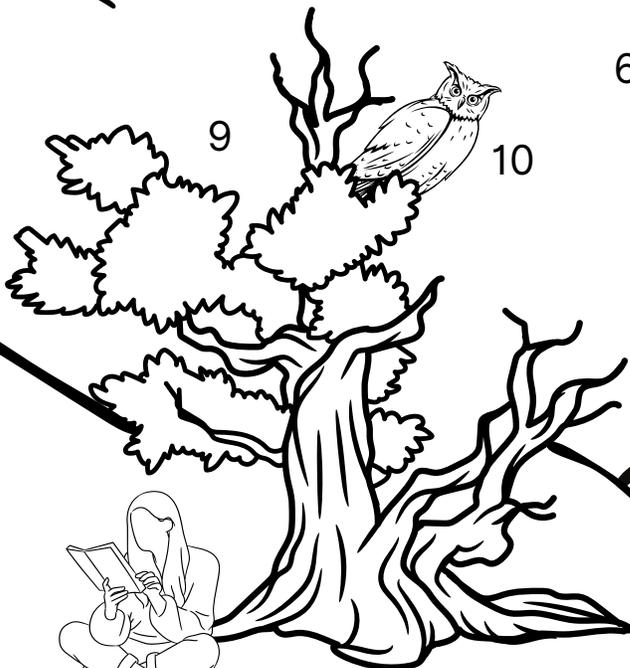
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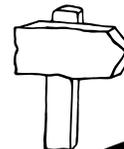


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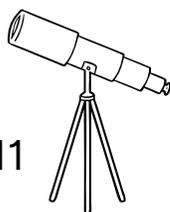


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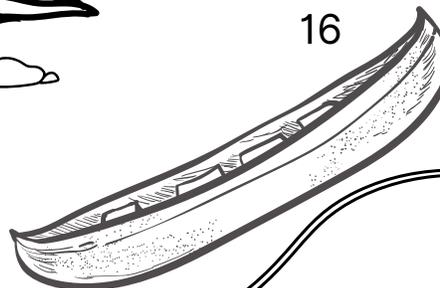
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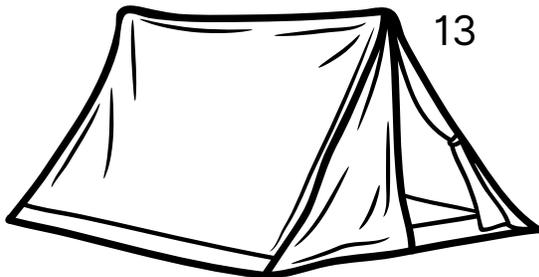
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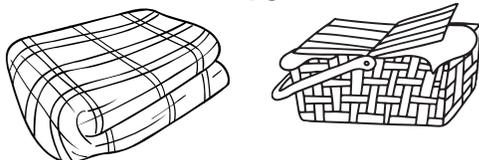
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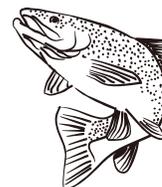
14



15



17



COLORING PAGE GUIDE

1. The Nevada Division of Outdoor Recreation (NDOR) is dedicated to giving Nevadans one-of-a-kind outdoor experiences.

2. Nevada is one of the sunniest states in the U.S. So go out and soak up some rays!

3. Pick a clear day with light wind to go out and fly a kite!

4. Nevada is the most mountainous state in the country!

5. Nevada has thousands of miles of hiking, biking, and off-roading trails for you and your family to enjoy!

6. Be sure to follow all trail signs!

7. Biking is a great way to travel, to exercise, and to limit emissions from cars or trucks, but always be sure to wear a helmet!

8. Hiking is a simple way to get out in nature! Find a trail near you at nvtrailfinder.com.

9.

The bristlecone pine - Nevada's state tree - is one of the oldest living things in the world!



10. Grab some binoculars and see if you can spot birds and other wildlife. Just keep a safe distance!

11.

Nevada is home to some of the darkest skies in the world, meaning stargazing opportunities await in every corner of the state. Don't forget your telescope!



12. Bring your favorite book outside and find a shady tree to read under.

13. Many of our State Parks offer camping for visitors! Plan your next adventure at parks.nv.gov.

14. Campfires are fun, but come with a lot of responsibility. Never leave one unattended, and be sure to have water on-hand if needed!

15. A picnic is a great way to take in some sunshine. Just remember: pack it in, pack it out.

16. Fishing is a great hobby to learn with your family. Be sure to keep a lookout for free fishing days across Nevada!



BONUS

Nevada has six native species of trout, which includes our State Fish, the Lahontan Cutthroat Trout