

As we are being encouraged to take measures to socially distance and stay safe, we want to offer a list of things you CAN do to encourage interactions with nature, outdoor stimulation and focus on the positives of this beautiful town. Outdoor recreation can reduce stress and anxiety, and offer valuable family time.

\*As with any public area activities, we stress the importance of being prepared with your own picnic table coverings, hand sanitizer and masks.

## YES in Longmeadow You CAN:

### Picnic in Turner Park

84 acres of terrain with an 8 acre spring-fed pond

### Walk the Trails in Bliss and Laurel

observe the microhabitats and wildlife

### Visit Fannie Stebbins Memorial

#### Wildlife Refuge

330 acres listed by the National Park Service in the Registry of National Landmarks for hiking, walking or birdwatching

### Picnic in Laurel

#### Park

### Longmeadow Green:

for snow shoeing when the first significant snow falls

### Walk the Longmeadow Cemetery on Williams Street

and observe the different tombstones - dating back to the 1600's

### **REMEMBER:**

**Masks must be worn in all public places, indoors or outdoors - regardless of the distancing between people**

### Visit Conservation Park on Anthony Road in the Meadows

for hiking, walking or birdwatching

### Bark Haul Road Conservation area hike

### Silvio O. Conte National Fish and Wildlife Reserve



## More Ideas for Anytime/Anywhere!



Go on a photo scavenger hunt with your family



Make a simple bird feeder



Learn about and find constellations



Create a family cookbook



After a walk or bike ride, create a map of your neighborhood



Plan your family's fire escape plan and have a fire drill



Make homemade musical instruments and record a performance for friends and family



Start some indoor seed plantings for spring



Build a model car, plane, boat or building as a family



Create a backyard "winter training" obstacle course