

HOUSTON CHILDREN'S OUTDOOR BILL OF RIGHTS



**RIGHT : ACCESSIBLE
FOR ALL ABILITIES**

Children have the right to be included and accommodated with accessible outdoor environments.

The ways available to us to experience public lands might be as diverse as our society. There are many ways to create accessible and inclusive opportunities for outdoor recreation, and it starts with considering the way people approach disability and the outdoors.



Hear the **impact** of accessibility to nature from Houston youth.



Visit **James Driver Inclusive Park**, Harris County's first fully inclusive park for all abilities



Houston's **Adaptive Sports and Recreation** offers quality of life programming for people with differing abilities.



Check out Houston's Parks and Recreation list of **Parks without Limits**

**ACCESSIBLE
FOR ALL
ABILITIES
BENEFITS**

Accessibility to public lands first became a **legal requirement** in 1968, but the retrofits on federal lands took nearly 30 years, and people with disabilities born in 2000 are part of the first generation who can dream of visiting National Parks.

Scientific studies have shown that exposure to nature **decreases** anxiety, depression, and negative rumination, while at the same time **increasing** well-being and creative problem-solving.

Sensory play is important because it helps children with disabilities learn to live fuller lives. Most of the learning comes through the ability to use their senses to retain information.

