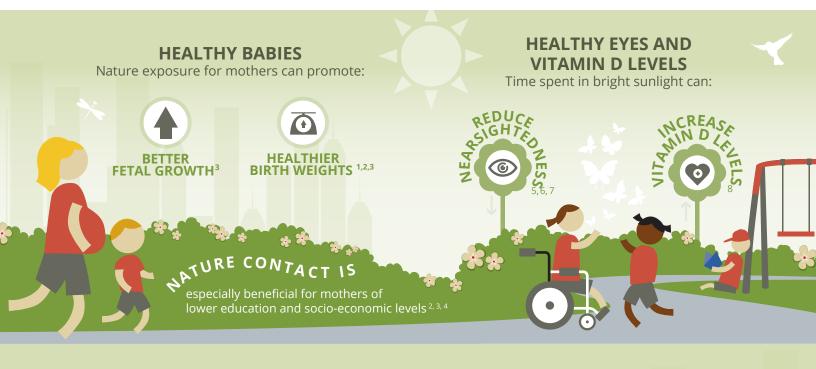
## NATURE CAN IMPROVE HEALTH AND WELLBEING

Spending time in nature provides children with a wide range of health benefits.



## INCREASED PHYSICAL ACTIVITY

Access to parks and greenspace can foster:

ICREASED REDUCED

OUTDOOR PLAV

increases the likelihood that girls will remain active into adolescence 9

## SOCIAL-EMOTIONAL WELLBEING

Learning in nature can support:





REDUCED STRESS 17 ANGER 18,19 AND AGGRESSION 18,19









ADDITIONAL RESEARCH ON THE BENEFITS OF NATURE AVAILABLE AT research.childrenandnature.org

## SUPPORTING RESEARCH

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<sup>9</sup> Pagels et al. (2014). A repeated measurement study investigating the impact of school outdoor environment upon physical activity across ages and seasons in Swedish second, fifth and eighth graders. *BMC Public Health*, 14(1), 803. Almanza et al. (2012). A study of community design, greenness, and physical activity in children using satellite, GPS and accelerometer data. Health Place, 18(1), 46-54. Hartig et al. (2014). Nature and health. Annul Rev Publ Health, 35, 207-28. 12 Christian et al. (2015). The influence of the neighborhood physical environment on early child health and development: A review and call for research. Health Place, 33, 25-36. 13 Wolch et al. (2011). Childhood obesity and proximity to urban parks and recreational resources: A longitudinal cohort study. Health Place, 17(1), 207-214. 14 Duncan et al. (2014). The effect of green exercise on blood pressure, heart rate and mood state in primary school children. Int J Environ Res Public Health, 11(4), 3678-3688. SWells & Evans (2003). Nearby nature: A buffer of life stress among rural children. Environ Behav, 35(3), 311-330. Corraliza et al. (2012). Nature as a moderator of stress in urban children. Procedia - Soc Behav Sci, 38, 253-263. Chawla et al. (2014). Green schoolyards as havens from stress and resources for resilience in childhood and adolescence. Health Place, 28, 1-13. Roe & Aspinall (2011). The restorative outcomes of forest school and conventional school in young people with good and poor behavior. Urban For Urban Gree, 10, 205-212. 19 Younan et al. (2016). Environmental determinants of aggression in adolescents: Role of neighborhood green space, J Am Acad Child Adolesc Psychiatry, 55(7), 591-601. 20 Chawla (2015). Benefits of nature contact for children. J Plan Lit, 30(4), 433-452.