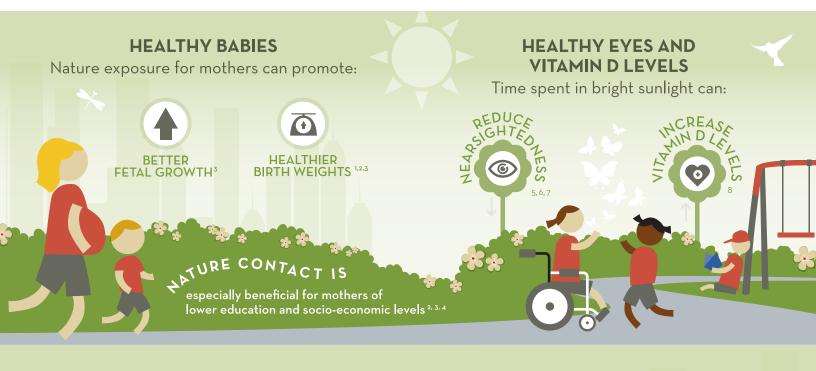
NATURE CAN IMPROVE HEALTH AND WELLBEING

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



INCREASED PHYSICAL ACTIVITY

Access to parks and greenspace can foster:



OUTDOOR PLAY

increases the likelihood that girls will remain active into adolescence ⁹

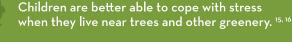
SOCIAL-EMOTIONAL WELLBEING

Learning in nature can support:





REDUCED STRESS ¹⁷
ANGER ^{18,19}
AND AGGRESSION ^{18,19}







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

SUDDODTING DESEADOL

children nature

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