

HEALTHY BABIES

Nature exposure for mothers can promote:



BETTER FETAL GROWTH³



HEALTHIER BIRTH WEIGHTS^{1,2,5}

NATURE CONTACT IS

especially beneficial for mothers of lower education and socio-economic levels^{2,3,4}

HEALTHY EYES AND VITAMIN D LEVELS

Time spent in bright sunlight can:

REDUCE NEARSIGHTEDNESS^{5,6,7}

INCREASE VITAMIN D LEVELS⁸

INCREASED PHYSICAL ACTIVITY

Access to parks and greenspace can foster:

INCREASED PHYSICAL ACTIVITY^{11,12}

REDUCED RISK OF OBESITY¹³

OUTDOOR PLAY

increases the likelihood that girls will remain active into adolescence⁹

Children are better able to cope with stress when they live near trees and other greenery.^{15,16}

SOCIAL-EMOTIONAL WELLBEING

Learning in nature can support:



IMPROVED RELATIONSHIP SKILLS^{17,20}



REDUCED STRESS¹⁷
ANGER^{18,19}
AND AGGRESSION^{18,19}

BETTER ACADEMIC PERFORMANCE

Learning in natural environments can:



BOOST PERFORMANCE
in reading, writing,
math, science and
social studies
1, 2, 3, 4, 5



ENHANCE
creativity, critical
thinking and
problem solving⁹

Seeing nature from
school buildings can
foster academic
success^{6, 7, 8}

ENHANCED ATTENTION

Spending time in nature can help
children focus their attention:



**FOCUS AND
ATTENTION**
10, 11, 12, 13



**ADHD
SYMPTOMS**
14, 15

The greener the
setting, the better
the focus^{14, 15}

INCREASED ENGAGEMENT & ENTHUSIASM

Exploration and discovery through outdoor
experiences can promote motivation to learn:



**INCREASED
ENTHUSIASM FOR
LEARNING**
1, 16



**GREATER
ENGAGEMENT
WITH LEARNING**¹⁷



**MORE
IMPULSE
CONTROL**¹⁰



**LESS
DISRUPTIVE
BEHAVIOR**
20

Nature-based learning is associated with reduced
aggression and fewer discipline problems:^{18, 19}