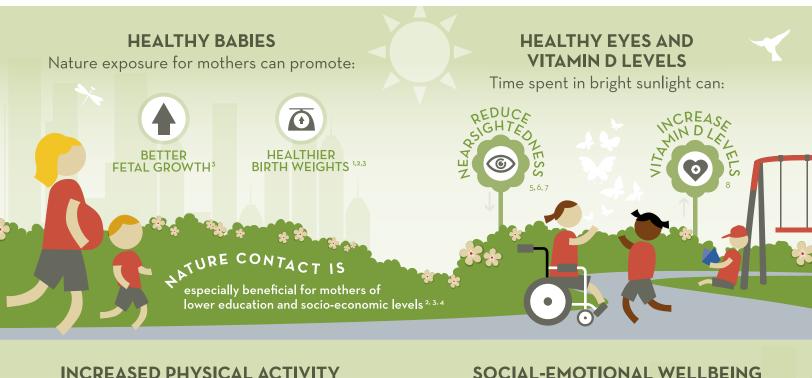
## NATURE CAN IMPROVE HEALTH AND WELLBEING

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



## INCREASED PHYSICAL ACTIVITY

Access to parks and greenspace can foster:



OUTDOOR PLAV

increases the likelihood that girls will remain active into adolescence 9

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

Learning in nature can support:





ANGER 18,19 AND AGGRESSION 18,19







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

## SUPPORTING RESEARCH

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