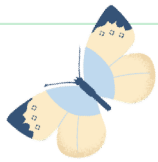


THE BENEFITS OF NATURE PLAY

Reflect on a specific interaction you had with nature as a child. Did this experience bring you joy, or affect you in a positive way? Research has shown that nature can support multiple development domains in children - intellectual, emotional, social and physical (Kellert, 2005). Encouraging children to connect with nature can also help them develop a deeper appreciation for the environment and natural world.

WHAT IS NATURE PLAY?

When we use the term Nature Play, we are referring to outdoor free play in natural areas that are imaginative, constructive, sensory-rich, and cooperative (Children and Nature Network, 2019). It can encourage unstructured and nature-based learning for children of all ages!



by allowing children to spend time in natural areas that enhance peaceful behavior, self-control, and self-discipline

by offering children challenging, exciting, and engaging play opportunities while allowing them to foster their curiosity

by allowing children to have more opportunities for free and unstructured play outside

by allowing children to spend time in areas with more plants and greener views

Improves Risk-Taking Abilities

Improves Social & Emotional Learning

Reduces Stress & Sickness

Enhances Self-Regulation & Executive Functioning

BENEFITS OF NATURE PLAY

(The Natural Learning Initiative, 2019)

Increases Physical Activity

Supports Multiple Development Domains

Increases Environmental Stewardship

Enhances Creativity & Problem-Solving

children are more motivated to engage in free-play and hands-on learning when surrounded by diverse natural settings

including physical health, social-emotional, and cognitive benefits

by allowing children to engage in more creative forms of play, develop intellectual development skills, and increases their ability to focus

by supporting pro-environment and environmental protection attitudes and behaviors

