



No Child Left Inside

- ✿ Children with symptoms of Attention Deficit Hyperactivity Disorder (ADHD) are better able to concentrate after contact with nature (Taylor, et al., 2001).
- ✿ Children with views of and contact with nature score higher on tests of concentration and self-discipline. The greener, the better the scores (Wells, 2000; Taylor, et al., 2002).
- ✿ Children who play regularly in natural environments show more advanced motor fitness: balance, coordination, agility, and they're sick less often (Grahn, et al., 1997; Fjortoft & Sageie, 2001).
- ✿ When children play in natural environments, their play is more diverse with imaginative and creative play that fosters language and collaborative skills (Taylor, et al., 1998; Fjortoft, 2000).
- ✿ Children with nature nearby their homes are more resistant to stress; have lower incidence of behavioral disorders, anxiety, and depression; and have a higher measure of self-worth. The greater the amount of nature exposure, the greater the benefits (Wells & Evans, 2003).
- ✿ Exposure to natural environments improves children's cognitive development by improving their awareness, reasoning and observational skills (Pyle, 2002).
- ✿ Nature buffers the impact of life's stresses on children and helps them deal with adversity. The greater the amount of nature exposure, the greater the benefits (Wells & Evans, 2003).
- ✿ Play in a diverse natural environment reduces or eliminates bullying (Malone & Tranter, 2003).
- ✿ Nature helps children develop powers of observation and creativity and instills a sense of peace and being at one with the world (Crain, 2001).
- ✿ Early experiences with the natural world have been positively linked with the development of imagination and the sense of wonder (Cobb, 1977; Louv, 1991).
- ✿ Natural environments stimulate social interaction (Moore 1986; Bixler, et al., 2002).
- ✿ Outdoor environments foster children's independence and autonomy (Bartlett, 1996).
- ✿ Play in outdoor environments stimulates all aspects of children development more readily than indoor environments (Moore & Wong, 1997).
- ✿ An affinity to and love of nature, along with a positive environmental ethic, grow out of regular contact with and play in the natural world during early childhood. Children's loss of regular contact with the natural world can result in a biophobic future generation not interested in preserving nature and its diversity (Kellert, 2002; Bixler, et al., 2002; Kals & Ittner, 2003; Schultz, et al., 2004).