NATURE CAN IMPROVE ACADEMIC OUTCOMES

Spending time in nature enhances educational outcomes by improving children’s academic performance, focus, behavior and love of learning.

**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 solving**
- 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

**IMPROVED BEHAVIOR**
Nature-based learning is associated with reduced aggression and fewer discipline problems: 18, 19
- **MORE IMPULSE CONTROL** 10
- **LESS DISRUPTIVE BEHAVIOR** 20

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

SUPPORTING RESEARCH

C&NN recognizes that not all studies support causal statements.