



Erasmus+



” LEARNING BY DOING”

Nature – my world

România



Outcomes

- Provide research to inform participants of the benefits of spending time in nature
- Share ideas for activities for all ages to interact with the natural world
- Experience the benefits of engaging with nature





**Prescribing Nature
for a Healthier Life**

Social and Practical Skills

“Key findings of a case study of ...preschool and kindergarteners’ learning when they were engaged in hands-on activities in the garden and greenhouse areas of a model outdoor classroom suggest that ...they are

- 1) Communicating their knowledge about the world to others,
- 2) Conveying (and learning to process and manage) emotions, and
- 3) Developing important skills (e.g., initiative, self-confidence, literacy, math, science skills) that will help them be more successful in school and better navigate the world.”





**“Nature holds the key to our
aesthetic,
intellectual, cognitive and even
spiritual satisfaction.”**

E. O. Wilson

Nature Connects

- *Time in nature connects us to each other and the larger world.*
- *Creates stronger feelings of unity with neighbors, being more concerned with helping and supporting each other.*
- *Reduced risk of street crime, lower levels of violence and aggression, and a better capacity to cope with life's demands-especially the stresses of living in poverty.*
- *Connecting to the natural world...*
- *Is crucial for optimal intellectual and physical development*
- *Provides a sense of refuge and healing in a sometimes violent and frightening world*
- *Helps them grow into adults who care about environmental stewardship*





**I'VE NEVER
FOUND TIME
SPENT AMONGST
NATURE TO BE
A WASTE
OF TIME**

Environmental Education

- Score higher in math, reading, writing and listening
- Experience increases in critical thinking and social skills





- Being in nature, or even viewing scenes of nature reduces anger, fear and stress within minutes and makes you feel better physically and emotionally.
- It reduces blood pressure, heart rate, muscle tension and the production of stress hormones
- Not only does it improve your mood but effects how your nervous, endocrine and immune systems are working.
- Nature is important to development in every major way – intellectually, emotionally, socially, spiritually and physically.



Nature Heals



- Even the scent of nature may be beneficial: chemicals secreted by trees, known as phytoncides, have been linked with improved immune defense as well as a reduction in anxiety and increase in pain threshold.
- Long lasting influence on immune system markers, increased activity of antiviral cells and intracellular anti-cancer proteins remaining significant for a full week after the visit.



Spending time
in *nature*
is healing *energy*

Nature Restores



- Supports creativity and problem solving
- Enhances cognitive abilities
- Improves academic performance
- Reduces Attention Deficit Disorder symptoms
- Increases physical activity levels
- Improves nutrition
- Improves eyesight
- Improves social relations
- Improves self discipline
- Reduces stress



The Forest

makes your heart gentle.
You become one with it.
No place for greed or anger there

Pha Pachak

THANK YOU

