

Benefits of contact with nature for children and families

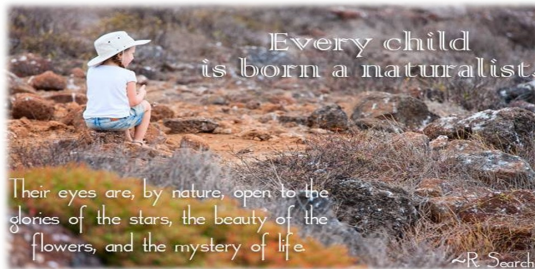
Spending time in nature improves mood, reduces stress and promotes better physical and mental health.

- Supports creativity & problem solving;
- Improves academic performance;
- Advanced motor skills, coordination, balance and agility;
- Reduces attention deficit disorder symptoms;
- Improves awareness & observational skills;
- Improves eyesight;
- Improves self-esteem;
- Reduces stress;
- Increases empathy;
- Improves self-discipline;
- Instills a sense of peace and calmness;
- Reduces bullying when green spaces are in schools.

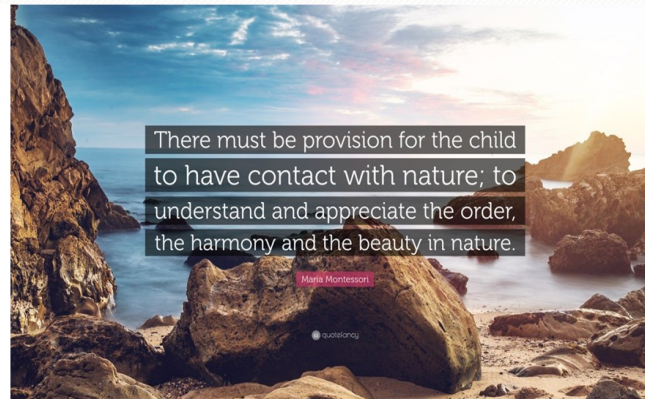
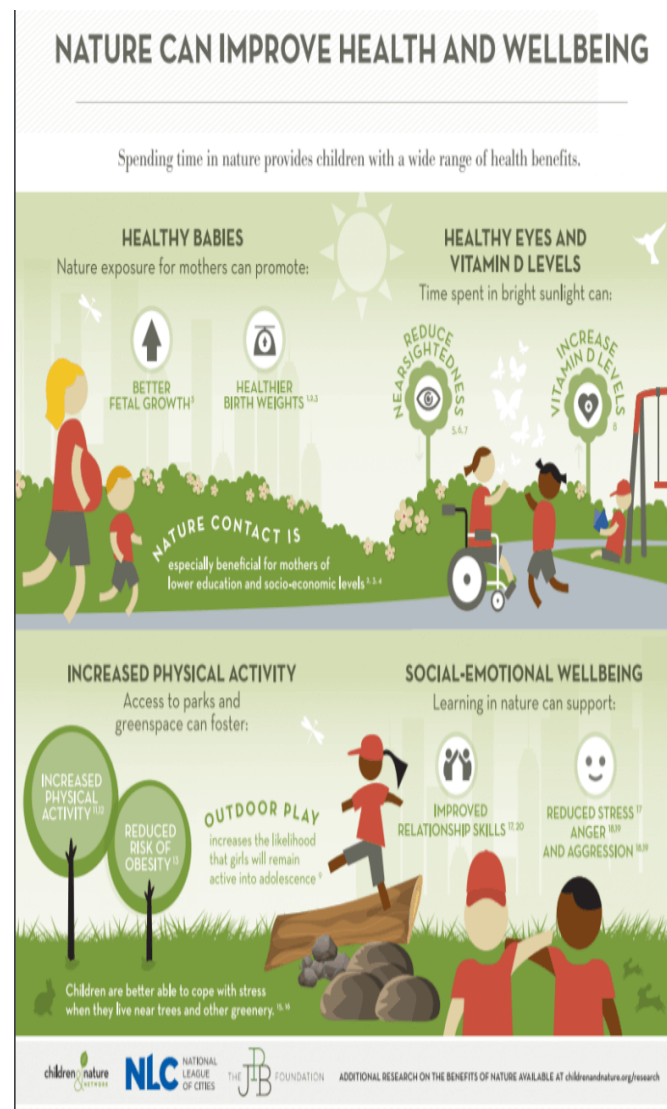
Source: <https://rctreecare.com/why-children-need-vitamin-g-celebrating-earth-day/>

Children need “vitamin G” (G for “green”)

“Green environments are an essential component of a healthy human habitat”, Frances Ming Kuo



If we can help children to connect with nature, that's not just good for them, it's great news for nature!



III° Meeting Project Erasmus+

Corvo, may 2019

Be well, teach well, learn well

Healthy food

*and health contact with nature:
benefits for children/ students*



