**Benefits of nature-based learning**

Research has found the tools that children need to succeed can be found outdoors!

* Outdoor classrooms enhance children’s **creativity and imagination**
* Learning outdoors provides **academic benefits** both during and after sessions outside.
* **Stronger classroom engagement** was found after lessons presented outdoors than the control group indoors
* **Greater mental and emotional health benef**its have been found in natural settings by promoting concentration and relieving stress.
* Nature play can influence **children’s cognitive development** by promoting **attention skills, short term memory, and helps prevent inattention-hyperactivity symptoms**

Citation: PEER Associations, Powers, A.L & Ren, Q. (2018) Nature-Based Play and Learning Literature Review

Wellness - Physical Health and Mental Health: preventing chronic illnesses such as diabetes and obesity through physical activities outdoors, opportunities for care, connection, and lower stress

Social/Emotional Development: in outdoor areas children have opportunities to bond with peers and adults, as well as form healthy relationships with the natural world

Inquiry related skills: hands on experiential learning fits in naturally with outdoor experiences

Cognitive Development: hands-on, nature experiences have been shown to lead to increased success in cognitive areas of development

Community: connection to place and others, understanding of larger systems- life cycle, water cycle, etc.

**Children who have frequent access to the outdoors gain competence in moving through the larger world; it also helps them to develop courage.**

**National Association for the Education of Young Children**