

Research on the benefits of Nature-enriched school teaching

Interaction with Nature has been experimentally shown to help children relax and be less stressed out, to concentrate more effectively, to have higher intrinsic motivation, to be more creative, to help kids get along with others, and to reduce their chances of mental illness or substance abuse later in life.

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Interaction with Nature has also been well-documented to improve students' academic performance.

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“Interaction with Nature” can take many forms. Schoolyards, school gardens, views of Nature, pictures or movies of virtual Nature, imagining, thinking, or just talking or writing about Nature all can result in benefits, even with relatively short periods of engagement.

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What matters is paying attention to the natural world, the development of an emotional connection with Nature, and finding meaning in Nature, however that happens, whether in direct or less literal contact with physical Nature.

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