Early Childhood, ages 0 - 5:
Research shows that connecting young children to nature during the early years of life has many long-term benefits.

- Nature play offers unstructured, hands-on interaction and exploration with natural elements such as boulders, logs, streams and paths.
- Nature-based learning incorporates nature as an approach to teach content across the curriculum.
- Environmental education help kids learn about and enjoy nature and instills care for the natural world.
- Family engagement offers ways for families to spend time together in nature.

Regular time in nature during the early years of life enhances:
- School readiness, including learning, language and cognitive development, and enhanced play that helps prepare children for school.
- Social-emotional learning, including self regulation and knowledge of oneself and others.
- Health and wellness, including physical and mental health.
- Connection to nature and community, including emotional connection to nature, pro-environmental attitudes and stewardship.

Learn more about the benefits of nature at research.childrenandnature.org.