GREEN SCHOOLYARDS CAN PROVIDE MENTAL HEALTH BENEFITS

1 in 5 children has, or has had, a serious mental health disorder at some point in their lives. 1

Mental health plays a critical role in the cognitive, emotional, & social development of children and youth.

Green schoolyards can enhance mental health and well-being and promote social-emotional skill development.

GREEN SCHOOLYARDS HELP KIDS FEEL:

- CALMER & LESS STRESSED 2,3
  Views of green landscapes from classroom windows helped high school students recover more quickly from stressful events. 3

- POSITIVE & RESTORED 3
  Forest schools enhanced positive and decreased negative emotions. 5

- RESILIENT 2
  Natural areas enhanced feelings of competence and increased supportive social relationships that help build resilience. 2

GREEN SCHOOLYARDS PROMOTE SOCIAL-EMOTIONAL SKILLS

- SELF-AWARENESS & SELF-MANAGEMENT
  Gardening at school helped students feel proud, responsible & confident. 2

SUPPORTING RESEARCH


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