Green schoolyards can promote physical activity by offering a variety of active play options that engage children of varying fitness levels, ages and genders.

85% of educators and parents said green schoolyards support a wider range of play activities than other types of schoolyards.²

Green schoolyards complement conventional playgrounds with opportunities for light & moderate physical activity that are more appealing to some children.³,⁴

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REGULAR PHYSICAL ACTIVITY ENHANCES WELL-BEING & ATTENTIVENESS IN THE CLASSROOM.

SUPPORTING RESEARCH
6Mårtensson et al. (2014). The role of greenery for physical activity play at school grounds. Urban For Urban Gree, 13(1), 103–113.

GREEN SCHOOLYARDS CAN INCREASE PHYSICAL ACTIVITY

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MORE OPTIONS, MORE ACTIVITY

Green schoolyards complement conventional playgrounds with opportunities for light & moderate physical activity that are more appealing to some children.³,⁴

GREATER EXPOSURE TO NATURE

MEETING DIVERSE & CHANGING NEEDS

GREEN SCHOOLYARDS CAN CONTRIBUTE TO GIRLS’ PHYSICAL FITNESS

Physical activity decreases as children grow, especially for girls. Green schoolyards sustain activity as children age and preferences change.⁵,⁶,⁷

LIGHT & MODERATE PHYSICAL ACTIVITY

GREEN SCHOOLYARDS COMPLEMENT CONVENTIONAL PLAYGROUNDS WITH OPPORTUNITIES FOR LIGHT & MODERATE PHYSICAL ACTIVITY that are more appealing to some children.³,⁴

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