



## The benefits of nature play...

**Nature play significantly improves all aspects of child development – physical, cognitive, social and emotional.**

### **Children who play regularly in natural environments...**

- show advanced motor fitness, such as coordination, balance and agility.
- are sick less often.
- exhibit more diversity in their imaginative and creative play; this fosters language and collaborative skills.
- are better able to concentrate after contact with nature, including children with symptoms of Attention Deficit Hyperactivity Disorder (ADHD).
- show greater awareness, reasoning and observational skills while also feeling a sense of peace and being at one with the world.
- have more positive feelings about each other.
- are better able to deal with the impact of life's stresses and with adversity.
- possess a strong sense of wonder. Wonder is an important motivator for life-long learning.
- develop skills and a comfort with independence and autonomy.