GREEN SCHOOLYARDS CAN PROVIDE MENTAL HEALTH BENEFITS

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

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

**POSITIVE & RESTORED**
Forest schools enhanced positive and decreased negative emotions.

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

**GREEN SCHOOLYARDS PROMOTE SOCIAL-EMOTIONAL SKILLS**

Children demonstrated more cooperative play, civil behavior and positive social relationships in green schoolyards.

Green schoolyards can reduce aggression and discipline problems.

Gardening at school helped students feel proud, responsible & confident.

**SUPPORTING RESEARCH**


C&NN recognizes that not all studies support causal statements.

©2016 CHILDREN & NATURE NETWORK