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.

**RESILIENT**

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

**GREEN SCHOOLYARDS PROMOTE SOCIAL-EMOTIONAL SKILLS**

**RELATIONSHIP SKILLS**

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

**SELF-AWARENESS & SELF-MANAGEMENT**

Green schoolyards can reduce aggression and discipline problems. Gardening at school helped students feel proud, responsible & confident.

**SUPPORTING RESEARCH**