GREEN SCHOOLYARDS CAN PROVIDE MENTAL HEALTH BENEFITS

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

**GREEN SCHOOLYARDS HELP KIDS FEEL:**

**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**

**PRACTICE RELATIONSHIP SKILLS**

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

**DEVELOP SELF-AWARENESS & SELF-MANAGEMENT**

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

SUPPORTING RESEARCH


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