



Benefits of Outdoor Learning and Play:

- *Children who regularly play outdoors have decreased chance of diabetes, heart disease and obesity, and they have better balance, physical stamina and gross motor skills. (O'Brien & Murray, 2007) (Fjørtoft, 2004) (Burdette H.L. 2005)*
- *Many children in N.A. are deficient in Vitamin D which can be rectified by more outdoor time and exposure to sun (Mansbach, 2009)*
- *Nature and outdoor play has been shown to decrease symptoms of ADD, ADHD, anxiety and depression*
- *Children who are involved in outdoor programs, show improved high cognitive skills and score better on standardized test. They have better focus, problem solving and multi-tasking skills; and are better able to think critically and creatively (Atchley, 2012) (Berman, 2008) (Bartosh, 2003) (Ernst, 2004)*
- *Outdoor learning and play helps children develop a positive sense of self, intrinsic motivation and respect for themselves, others and the environment (O'Brien & Murray, 2007) (Louv, 2011) (Russell, 2013)*



“Passion is lifted from the earth itself by the muddy hands of the young; it travels along grass-stained sleeves to the heart. If we are going to save environmentalism and the environment, we must also save an endangered indicator species: the child in nature.”

— Richard Louv, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*