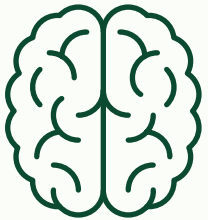


# Benefits of Nature Play



## Mental and Emotional Wellbeing

- Reduces stress, anxiety and depression
- Increases energy levels
- Clears our minds
- Improves focus
- Elevates mood
- Promotes happy thoughts
- Releases 'feel good' endorphins
- Improves self-regulation skills
- Builds mindfulness skills
- Fosters higher self esteem



## Cognitive Development

- Increases focus and attention
- Builds confidence
- Bolsters resilience
- Develops critical thinking skills
- Improves short term memory
- Builds decision making skills
- Promotes resourcefulness
- Improves enthusiasm to learn
- Builds sense of initiative
- Improves creativity and imagination



## Social Development

- Increases levels of kindness and empathy
- Builds collaborative skills
- Improves co-operation and teamwork
- Builds friendships
- Reduces anti-social behaviours
- Supports sense of initiative and independence
- Promotes a deeper understanding of the world
- Increases appreciation and respect for the environment
- Builds community spirit and pride



## Physical Development and Health

- Strengthens immune system
- Lowers blood pressure
- Decreases rates of obesity
- Reduced risk of bone & heart disease
- Improves balance and co-ordination
- Improves range of movement
- Promotes muscle development
- Supports healthy risk-taking
- Provides sensory stimuli
- Increases energy levels
- Increases vitamin D levels
- Improves eyesight