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# KID'S MENTAL HEALTH AND PRESCRIPTION NATURE

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- Each extra day a child spends in a park per week steadily increases their resilience against stress.
- Taking group walks in parks and the countryside improves kids' self-esteem even more than a social club after 6 weeks.
- Kids who play in recently greened school grounds play more cooperatively, communicate better and decrease aggressive behaviour.
- 4 in 5 kids feel more confident in their abilities to do new things if they try after they participate in outdoor nature activities.

## LINKS

- <https://www.evergreen.ca/downloads/pdfs/Gaining-Ground.pdf>
  - <https://pubmed.ncbi.nlm.nih.gov/22616429/>
  - <https://pubmed.ncbi.nlm.nih.gov/31060017/>
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