More active, more fit. Better coordination & balance.


Restores attention. Helps with ADHD symptoms.


More creative play. More collaborative play.


Less prone to myopia(near-sightedness).


The Children & Nature Network has compiled a premier set of research studies to help us all understand what’s best for children’s healthy development. See their set of annotated bibliographies for more information at http://www.childrenandnature.org/research/