GREEN SCHOOLYARDS CAN PROVIDE MENTAL HEALTH BENEFITS

1 in 5 children has, or has had, a serious mental health disorder at some point in their lives.1
MENTAL HEALTH PLAYS A CRITICAL ROLE IN THE COGNITIVE, EMOTIONAL, & SOCIAL DEVELOPMENT OF CHILDREN AND YOUTH.

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

GREEN SCHOOLYARDS HELP KIDS FEEL:

CALMER & LESS STRESSED2,3 Views of green landscapes from classroom windows helped high school students recover more quickly from stressful events.2

POSITIVE & RESTORED3 Forest schools enhanced positive and decreased negative emotions.5

RESILIENT2 Natural areas enhanced feelings of competence and increased supportive social relationships that help build resilience.2

GREEN SCHOOLYARDS PROMOTE SOCIAL-EMOTIONAL SKILLS

PRACTICE RELATIONSHIP SKILLS5 Children demonstrated more cooperative play, civil behavior and positive social relationships in green schoolyards.6,7

DEVELOP SELF-AWARENESS & SELF-MANAGEMENT Green schoolyards can reduce aggression and discipline problems.6,7 Gardening at school helped students feel proud, responsible & confident.2

SUPPORTING RESEARCH

C&NN recognizes that not all studies support causal statements.