

# **BENEFITS OF NATURE PLAY**

**“Nature deficit disorder - our children’s alienation from nature is leading to a diminished use of the senses, increased diagnosis of ADD and increased physical ailments and depression.”**

**- Richard Louv “Last Child in the Woods”**

- Physical:**
- Higher activity levels**
  - Greater agility, coordination & balance**
  - Greater risk assessment**
  - Lower illness rates**
  - Reduced childhood obesity**
  - Heightened use of senses**
- Psychological:**
- Reduction in childhood depression**
  - Reduction of symptoms of ADD/ADHD**
  - Therapeutic experiences for sensory disorders**
  - Stress reduction**
  - Increased attention span**
  - Higher concentration & self discipline**
  - Develops greater independence & autonomy**
- Social:**
- Increased confidence & problem solving**
  - Increased skills in conflict resolution**
  - Increased cooperation & creativity in play**
  - Decreased or elimination of bullying**
  - Greater social interaction & positive feelings toward others**
- Cognitive:**
- Increased language development**
  - Improved awareness, reasoning, & observational skills**
  - Increased sense of Wonder & Imagination (which is an motivator for life-long learning)**
  - No measurable decline in cognitive skills upon entering formal schooling**
- Greater ownership and stewardship over the environment**