

Physical Benefits

Reduces obesity, improves nutrition; uses all senses.

89% of time in early childhood programs is sedentary.



Cognitive Benefits

Reduces Attention Deficit Disorder Symptoms,

Enhances Cognitive Abilities,

Improves Academic Performance,


Supports Creativity and Problem Solving.

Social Emotional Benefits

- Improves social relations
- Improves self-discipline
- Reduces stress and irritability



Howard Gardner –
Naturalistic Intelligence

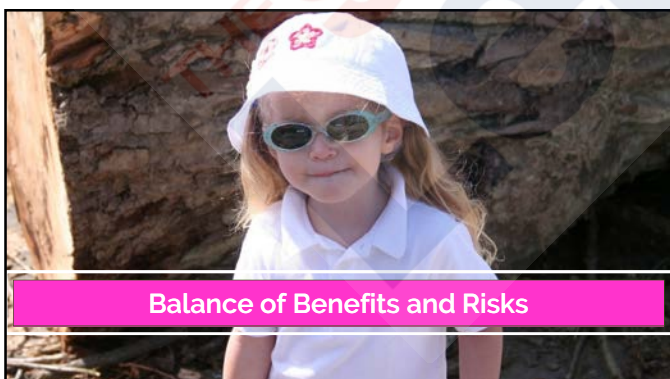
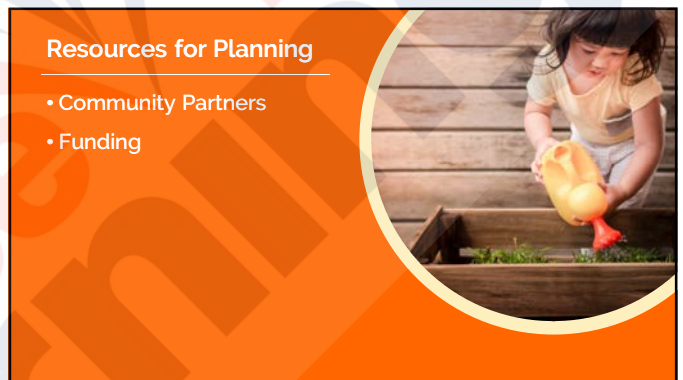
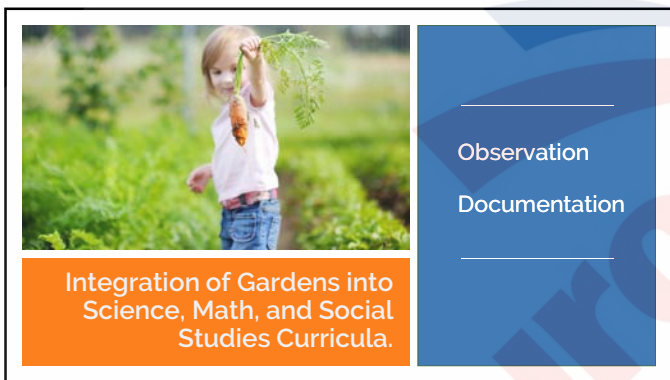
"Nature-Deficit Disorder"

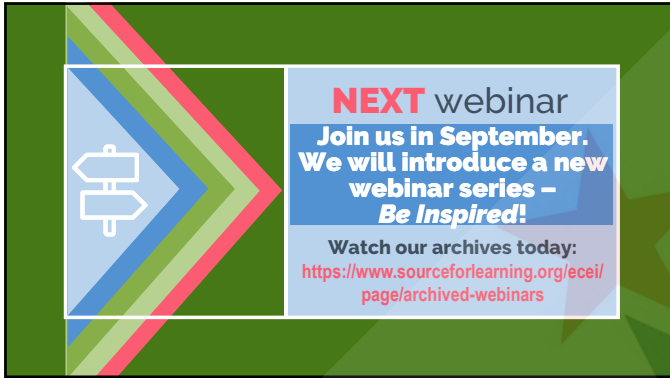
Helping children reconnect to nature and natural places so children can thrive.

**Role Early Childhood Educators Play
Plan for Natural Play**









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Resources

The Great Outdoors – Advocating for Natural Spaces for Young Children, Revised Edition naeyc Mary S Rivkin 2014 – which has the resources for National Organizations that support getting children outdoors.

SECA Dimensions of Early Childhood, Volume 41, Number 3, 2013, Discovering Nature: "The Benefits of Teaching Outside the Classroom", Jill L Jacobi-Vessels, "Creating and Enriching Quality and Safe Outdoor Environments" Heather Olsen, "Turning Our World of Learning Inside Out!" Laura Monsalvatge, Kris Long and Lilia DeBello
http://southernearlychildhood.org/upload/pdf/Dimensions_Extra_V41_3_wCLASS.pdf

HELLO is NAEYC's platform for interest forums and online communities. It is one of the NAEYC's most popular member benefits. <http://hello.naeyc.org/home>

Resources

The Children & Nature Network is a leading organization in the movement to connect all children, their families, and their communities to nature through innovative ideas, evidence-based resources and tools, broad-based collaboration, and support of grassroots leadership.
<https://www.childrenandnature.org/>

Benefits of Connecting Children with Nature: Why Naturalize Outdoor Learning Environments January 2012 Creating a Supportive Network and Training Resources for Naturalized Learning Environments in Child Care Supported by: North Carolina Division of Child Development and Early Education
https://naturalelearning.org/sites/default/files/Benefits%20of%20Connecting%20Children%20with%20Nature_InfoSheet.pdf

Image Attribution

Slide 37
Incirlik CDC - Tyrone Dukes, also known as Mr. T by his students, plays with the children at the water table at the Child Development Center Sept. 23. (U.S. Air Force photo by Airman 1st Class Nathan Lipscomb)
<http://www.mirlik.af.mil/News/Article-Display/Article/302392/minature-people-come-first-at-cdc/>

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