

Nature & General Kids' Health

2 hours/week, 20+ minutes at a time. That's all it takes.

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.ⁱ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutesⁱⁱ – hence our 20-minute rule.

Spending time in nature

MAKES YOUR BRAIN BIGGER. LITERALLY.

Schoolchildren who spend more time in nature as they grow up increase their brain volume in areas that improve memory and attention.ⁱⁱⁱ

HELPS YOU STAY ACTIVE

Children who spend time in nature are more physically active and less sedentary—especially if the green space is more diverse.^{iv}

IMPROVES RESILIENCE

Each extra day a child spends in a park per week steadily increases their resilience against stress.^v

SMARTENS UP YOUR IMMUNE SYSTEM

By exposing your developing immune system to a variety of bacteria that live in vegetation, animal species and fertile soil, nature time teaches it to attack dangerous molecules and ignore harmless ones.^{vi}

ENCOURAGES TEAMWORK AND KINDNESS

Kids who play in recently greened school grounds play more cooperatively, communicate better and decrease aggressive behaviour.^{vii}

Make the most of your nature prescription with these simple tips

1. MAKE EASY GREEN TWEAKS TO YOUR ROUTINE

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

2. WRITE NATURE INTO YOUR SCHEDULE

Prioritize your date with nature by adding it to your calendar or day planner.

3. PHONE A FRIEND OR FAMILY MEMBER

Making it a team effort increases your chances of meeting your goals.

4. RESPECT NATURE—AND YOURSELF

Dress for the weather, stay on the trail and pack out what you pack in. For more on how to get outside safely and responsibly, visit our friends at [AdventureSmart](#).

5. DO WHAT FEELS RIGHT FOR YOU

The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019); ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019); ⁱⁱⁱ Dadvand, P. et al. *Environ Health Perspect* 126, 027012 (2018); ^{iv} Chawla, L. *J Plan Lit* 30, 433 (2015); ^v Razani, N. et al. *Health Place* 57, 179 (2019); ^{vi} Rook, G. *PNAS USA* 110, 18360 (2013); ^{vii} Dymont, J. *Gaining ground*. Toronto, Canada: Evergreen (2005).



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