

Nature & ADHD in Kids

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

RIVALS MEDICATION

Kids with ADHD who took a 20-minute walk in a park vs. a city street improved their performance on a math attention test significantly more—rivaling the effects of stimulant medication.^{iv}

SHARPENS YOUR MEMORY

A study of almost 5,000 children showed that those who lived in neighbourhoods with more green space had better working-memory abilities.^v

REDUCES HYPERACTIVITY

The closer children live to green spaces, the lower their risk of hyperactivity and inattention problems.^{vi}

MAKES LIFE BETTER

85% of kids with ADHD said that doing outdoor activities in nature made their life “really good”.^{vii}

BOOSTS YOUR ATTENTION

Kids with ADHD score better in inattention tests when they have access to neighbourhood green spaces, parks, or gardens.^{viii}

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} Faber Taylor, A., Kuo, F. J *Atten Disord* 12, 402 (2008); ^v Flouri, E. et al. *Br J Educ Psychol* 89, 359 (2019); ^{vi} Markevych, I. et al. *Environ Int.* 71, 29 (2014); ^{vii} Barfield, P.A. & Driessnack, M. *J Spec Pediatr Nurs* 23, e12210 (2018); ^{viii} Amoly, E. et al. *Environ Health Perspect* 122, 1351 (2014).



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