

Why Nature?

Nature is more than a nice backdrop—it's a proven mental health ally.

Studies show that spending just 20–30 minutes outside can lower stress hormones, improve focus, and lift mood.

Outdoor time also supports sleep quality, eye health, and immune function.

For children, it encourages play, boosts learning, and enhances social connection.

How Outdoor Time Supports Children & Youth:

- 🌿 Reduces Stress & Anxiety – Even a short walk or a few minutes watching the trees sway can help children reset emotionally.
- 👉 Improves Focus – Green spaces can boost attention and reduce symptoms of inattention or hyperactivity.
- 🧠 Supports Learning – Students who spend time outdoors tend to have better academic outcomes and stronger relationships with peers.
- 🏃 Encourages Physical Activity – Less screen time and more movement mean better overall health.
- 😊 Promotes Social Skills – Playing in parks or exploring with family builds cooperation and empathy.

Getting Outside is Easier Than You Think:

- ✓ Start Small – A daily walk around the block, a visit to a local park, or even sitting on the porch.
- ✓ Make it Social – Invite another family along or let kids meet neighbourhood friends for play.
- ✓ Take it With You – Move indoor activities outside: homework, meals, reading, or even quiet time.
- ✓ Explore Your Community – Discover a new trail, join a local event, or visit a conservation area.

Winter Counts Too!

Don't let colder months hold you back. Research shows even brief winter nature walks boost mood. Dress for the weather and embrace the season with sledding, snowshoeing, or a short stroll.

Nature supports mental health all year long. Whether it's five minutes or a full afternoon, being in nature helps both kids and adults feel grounded, joyful, and connected.

🌱 Every bit counts—so step outside and feel the difference.

MORE RESOURCES, visit

- <https://parkprescriptions.ca>
- <https://www.evergreen.ca>
- <https://activateyourneighbourhood.ca>



For information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642