

GO OUTDOOR:

1. To boost your physical and mental health!
2. To improve your concentration!
3. To improve academic performance!
4. To prevent obesity!
5. To reduce pain and stress!
6. To experience the natural world!
7. And become happier!



"As one scientist puts it, we can now assume that just as children need good nutrition and adequate sleep, they may very well need contact with nature."

- *Richard Louv*

REFERENCES:

1. http://www.health.harvard.edu/press_releases/spending-time-outdoors-is-good-for-you
2. <http://www.cbf.org/Document.Doc?id=534>
3. <http://www.fws.gov/chesapeakebay/school/wild.pdf>
4. <http://www.seer.org/pages/execsum.pdf>

THE BENEFITS OF OUTDOOR ACTIVITIES



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HEALTH BENEFITS

Five Health Reasons to Get Outdoor

- Your vitamin D level will rise— being outdoor gives you opportunity to get more sunlight which activates the creation of vitamin D in your body.
- You'll get more exercise—being outside gives you more time walking, running, and doing activities that puts your body in motion. This lessens TV and computer times. Thus preventing obesity.
- Your concentration will improve — outdoor activities helps those who have concentration problems including children with ADHD. Outdoor activity helps children with ADHD focus better.
- You will heal faster- natural settings reduce stress and boost mental and physical health among adults. Being outdoor helped in recovery process.
- You will be happier—light elevates mood and help people relax and cheer up.

ACADEMICS

Using the environment as the integrating context for learning is beneficial to the academic performance. Benefits includes better performance on standardized measures of academic achievement, reduced discipline and classroom management problems, increased engagement and enthusiasm for learning, and greater pride and ownership in accomplishment.



Being outdoor with the grass, trees, and small

creatures are important part of cognitive and sensory development. Educators say that children learn best when they are given the opportunity to connect their learning to something with which they can experiment, something that allows them to touch, smell or taste.

ACQUISITION OF 21st CENTURY SKILLS

It provides critical tools for a 21st Century workforce. We will be passing on complicated environmental problems to future generations. We must give the next generation a solid understanding of these problems and the basic tools to overcome them and make informed choices in their own lives. Business leaders also increasingly believe that an environmentally literate workforce is critical to their long term success. Environmental education is the foundation for creating the green force of the new economy.

