

### BEING OUTSIDE PROMOTES POSITIVE MENTAL HEALTH

According to the Canadian Mental Health Association, simply spending time outdoors improves mental well-being. Green spaces are an enriching setting for children and youth to develop foundations of positive mental health, including competency, autonomy, relatedness and generosity. The problem solving opportunities and obstacles inherent to unstructured outdoor play can boost the self-esteem and confidence of children and youth and develop their resiliency.<sup>6</sup>



**DID YOU KNOW?** Being physically active in green spaces can reduce the risk of mental health problems by 50%.<sup>7</sup>



**DID YOU KNOW?** A daily walk in nature can be as effective in treating mild cases of depression as antidepressants.<sup>7</sup>



**DID YOU KNOW?** The number one reported benefit of time spent in nature is improved mental health.<sup>8</sup>



**DID YOU KNOW?** Exposure to nature can reduce stress levels in children by as much as 28%.<sup>8</sup>



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### TIPS

Include children and youth in the decision making process when planning your outdoor activities.

Model and inspire respect for self, others and nature.

As a group, take time to observe nature and reflect on its beauty.

Look up! Cloud watching any time of day clears the mind and calms the senses.<sup>9</sup>

