



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:

Increases your chances of better mental health as a grown-up. A study of over 900,000 people showed that children who grew up around more green space had a significantly lower risk of developing psychiatric illness as adults.ⁱⁱⁱ

Inspires confidence. 4 in 5 kids feel more confident in their abilities to do new things if they try after they participate in outdoor nature activities.^{iv}

Encourages teamwork and kindness.

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

Boosts your self-esteem. Taking group walks in parks and the countryside improves kids' self-esteem even more than a social club after 6 weeks.^{vi}

Improves resilience. Each extra day a child spends in a park per week steadily increases their resilience against stress.^{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 entering it into your day planner.

3. Phone a friend or family member.

Involving others 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.

5. Follow your child's lead.

Focus on fun and plan green time around your child's interests to grow a lifelong nature habit.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019). ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). ⁱⁱⁱ Engemann, K. et al. *Proc Natl Acad Sci* 116, 5188 (2019). ^{iv} Sheldrake, R. et al. *Children and Nature*. London, UK (2019). ^v Dymont, J.E. *Gaining ground*. Toronto, Canada: Evergreen (2005). ^{vi} Barton, J. et al. *Perspect Public Health* 132, 89 (2012). ^{vii} Razani, N. et al. *Health Place* 57, 179 (2019).

