



THE NATURE OF TEACHING

Texas Tech University Office of Outreach & Engagement

Why is Outdoor Play Important?

Natural environments have positive impacts on people's mental health and well-being. Research consistently shows that natural settings link to much stronger developmental benefits for children.

- 90% of brain development happens by age five.
- The average American child spends 7 hours/day on electronic media.
- Nature play supports creativity and problem solving.
- Contact with nature can reduce ADD symptoms in children.
- Nature-based education improves academic performance in math, social studies, and language arts.
- Children who grow their own food are more likely to eat fruit and vegetables.
- Daily exposure to nature increases children's ability to focus and enhance their cognitive abilities.



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A Comprehensive Resource for Natural Resource Education

The Nature of Teaching includes three signature programs: Wildlife, Health and Wellness, and Food Waste. Each signature program provides standard-based lesson plans free as a downloadable PDF. Lesson plans are classroom ready for grades K-5. The Nature of Teaching also offers professional development workshops for teachers focused on science, the environment, and getting students connected with nature.

