

# KIDS & CONCENTRATION



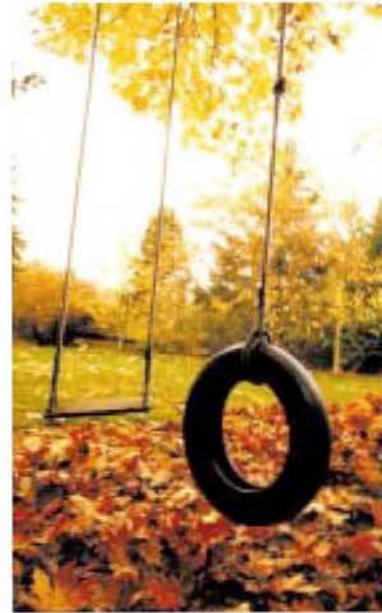
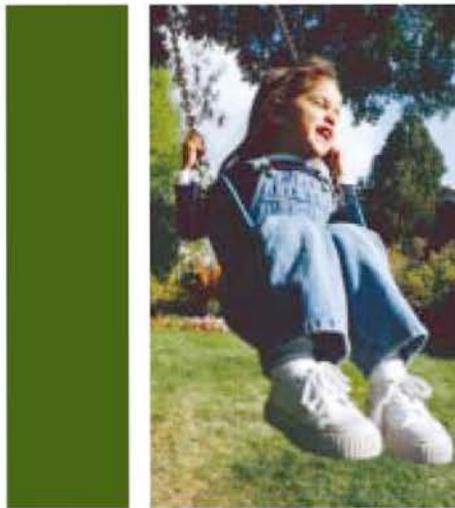
University of Illinois  
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## Kids who spend more time outside end up paying more attention inside.

The symptoms of ADHD in children are actually reduced after contact with nature.

ADHD kids are better able to concentrate, complete tasks, and follow directions after playing in natural settings.



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Green outdoor spaces tend to allow for more creative play and improved access to adult interaction – both of which are considered highly beneficial to healthy child development.



It's true. A scientific study, conducted by the **UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN**, suggests the symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in children are relieved after contact with nature. Specifically, ADHD kids are better able to concentrate, complete tasks, and follow directions after playing in natural settings. And, the greener the setting, the more the relief.

How can this be? Children get fatigued from concentrating on schoolwork, and they need to refresh their ability to pay attention. Playing outdoors, particularly in green settings, has proven an effective means of restoring focus and improving concentration. Plus, green outdoor spaces tend to allow for more creative play and improved access to adult interaction – both of which are considered highly beneficial to healthy child development.

In light of these findings, it's extremely important that parents, teachers, and caregivers recognize the value of green settings in child development. As a society, we need to provide and maintain green settings so that our children have the best chances at success. It's no longer a secret – natural, green places contribute to the mental strength of our communities.

.Coping with ADD: The surprising connection to green play settings. *Environment & Behavior*, 33(1), 54-77. Taylor, A.F., Kuo, F.E. & Sullivan, W.C. (2001).



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For more information about this and other surprising studies, visit [www.lhhl.uiuc.edu](http://www.lhhl.uiuc.edu), or contact the University of Illinois at Urbana-Champaign, Landscape and Human Health Laboratory, at 217-244-0930. Study conducted in partnership with NUCFAC.