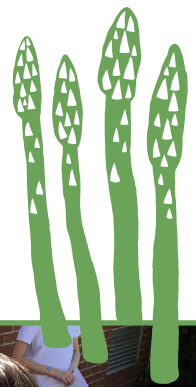




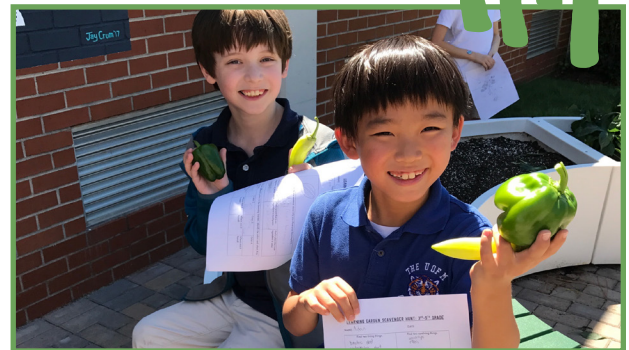
THE CO-BENEFITS OF A LEARNING GARDEN



Academic Engagement & Experiential Learning

Research indicates that gardening at school supports students' inquiry and learning as well as promotes attachment to school. Elementary-age participants in a one year garden program improved their problem solving and critical thinking skills.

"HANDS-ON LEARNING IS HOW THEY REMEMBER, SO THE MORE HANDS-ON, THE MORE THEY REMEMBER...HAVING THE OPTION OF COMING OUT HERE [TO THE LEARNING GARDEN] ADDS ANOTHER LEVEL TO LEARNING." *-ELEMENTARY SCHOOL TEACHER, LOS ANGELES*



Community Gathering

Gardens can increase involvement of external volunteers at schools, allowing students to create connections with non-teacher, non-related adults. Further, when family members participate, it strengthens intergenerational bonds.



Environmental Stewardship & School Beautification

A study conducted in Boston Public Schools found that schools with green play spaces had higher passing rates on state tests than schools that did not. Access to green spaces in childhood plays a crucial role in forming positive adult environmental attitudes.

Cooperation Amongst Students & Positive Behavior Management

Teachers report that their gardens acted as calming spaces for students, particularly for those who struggled in a traditional classroom setting. Elementary-age students who had a school garden increased their self understanding, interpersonal skills, and cooperative skills.



"IT'S WONDERFUL TO WATCH THE KIDS EMPOWER THEMSELVES AND THEN TEACH OTHER PEOPLE ABOUT IT." *- ELEMENTARY SCHOOL TEACHERS, MEMPHIS*

Social Emotional Wellbeing & Health of Teachers and Faculty

Natural spaces promote healthy biological development, especially for stress regulation systems. Studies show that time spent outdoors significantly reduces the symptoms of ADHD and anxiety in students.

Researchers observed that even just a view of green, natural spaces improves employee job satisfaction and that employees who have access to green space have more positive feelings towards work than employees without. Time spent outdoors has also been shown to help improve stress regulation for adults.

"THE GARDEN IS THE ONE EQUALIZER FOR EVERY STUDENT...THAT'S THE ONE PLACE WHERE THEY CAN ALL HAVE EQUAL ACCESS...WHEN MY KIDS FIND LOVE IN THE GARDEN, THAT'S IMPORTANT FOR THEM BECAUSE THAT MAY BE THE ONLY TIME THEY ARE HAPPY THE WHOLE DAY."

- SPECIAL EDUCATION TEACHER, LOS ANGELES

"[THE LEARNING GARDEN] IS A CALMING SPACE FOR THEM...IT DOES AS MUCH FOR OUR STUDENTS ACADEMICALLY AS IT DOES EMOTIONALLY. I THINK OF A LOT OF STUDENTS THAT I'VE WALKED OUT THERE WITH OVER THE LAST THREE YEARS HAVE MADE A 180...THE LEARNING GARDEN HAS AFFECTED THE WAY WE LOOK AT OUR STUDENTS AND HOW WE TRY TO GIVE THEM MORE OPPORTUNITIES...IT HAS GIVEN EVERYONE SOMETHING TO BE HAPPY ABOUT."

-ELEMENTARY SCHOOL TEACHERS, MEMPHIS





THE CO-BENEFITS OF A LEARNING GARDEN Sources

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