# The Neuroscience of Nature in the Classroom



How Green Spaces Shape Brain Health & Student Success



## Why Nature Matters

Nature isn't just beautiful, it's neurologically essential.

Dr. Marc Berman's research shows nature boosts focus, memory and emotional

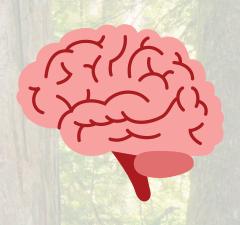


# 3 Key Findings

How Nature Shapes the Brain

#### 1. Improves Cognitive

Performance → Walks in green spaces improve memory & attention by 20%.



#### 2. Boosts Mental Health >

Living near trees lowers stress & improves well-being.



#### 3. Increases Brain Efficiency >

Nature helps brain networks work smarter, freeing focus for problem-solving.





### More Evidence

Beyond Berman's Research

- Nature walks reduce depression risk.
- Schools near greenery = better test scores.
- Classrooms with natural light = higher productivity.



## Practical Applications

Nature isn't just nice – it's necessary.

- Calm colors & simple design
- Plants + natural textures
- Flexible seating
- Outdoor lessons & breaks

Biophilic classrooms support learning, attention and mental health.

The science is clear: classrooms designed with nature in mind are classrooms designed for success.

