

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 well-being



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.