

Key Messages and Talking Points

Empowering communities to help children build lasting connections with the natural world

Nature for Children Every Day is an initiative coordinated by Dimensions Educational Research Foundation's Nature Explore program. Through it, together we can uplift and support like-minded efforts, promote climate resiliency, and strengthen children's connections with nature by raising awareness, increasing community engagement, and inspiring action

Our goal is to ensure that every young child has daily experiences in nature-rich outdoor learning environments.

The Challenge

Today, children's inborn connections with the natural world are challenged on many fronts.

- Children spend up to **90% of their time indoors**
- By age 8, children average **7.5 hours per day on screens**
- More than **80% of children live in urban areas**, often with limited access to green space

These trends are growing, and they have significant implications for children's health, development, and wellbeing.

Why Nature Matters

Research consistently shows that regular time in nature supports whole child development and lifelong wellbeing.

Time in nature helps children:

- Build social, emotional, and physical skills
- Reduce stress and improve overall health
- Develop creativity, curiosity, and imagination
- Strengthen collaboration and reduce bullying
- Foster empathy, caregiving, and connection with the natural world

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Years of research conducted by Dimensions Educational Research Foundation in Nature Explore Classrooms also show that spending time outdoors, in nature, supports whole child development including:

- Critical thinking and problem-solving
- Early science exploration and inquiry
- Language, literacy, and early math skills
- Gross and fine motor development
- Construction, engineering, and spatial skills

Creating Lasting Change

The Nature for Children Every Day Initiative brings together partners and advocates to create lasting change by:

- **Raising Awareness** of the benefits of nature for young children and communities
- **Connecting Communities** with free, high-quality nature-based resources
- **Inspiring Action** through stories and examples of nature champions
- **Equipping Partners** with tools for outreach and engagement
- **Advancing Solutions** that create and sustain nature-rich outdoor learning environments

Our Vision

We envision a world where:

- Every child has **daily experiences in nature**
- Communities prioritize **nature-rich learning environments**
- Children grow up **healthier, more connected, and environmentally aware**



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Get Involved

Creating change starts at the community level, with you. You can help:

- Advocate for nature-rich spaces where you live and work
- Use and share free tools and resources
- Partner with aligned organizations and initiatives
- Invest in outdoor learning environments
- Share your story to inspire others

Learn More

Join us in ensuring that every child can experience the benefits of nature, every day. Learn more: natureexplore.org/nature-everyday