

# Benefits of NATURE PLAY



Increases happiness



Reduces levels of stress, anxiety and depression



Strengthens immune system



Increases community connection



Improves physical health



Develops empathy and kindness



Increases physical literacy and skills



Stimulates the senses and brain pathways



Improves focus and attention

Connecting children with nature and the outdoors through the power of play.



[www.natureplayqld.org.au](http://www.natureplayqld.org.au)