香港學童自然連結感研究
及戶外環境教育推廣計劃
Hong Kong Nature Connectedness
and Outdoor Environmental Education

The Benefits of Engaging Nature

Many studies have shown that exposure to nature can have positive effects on physical and mental health, learning abilities, and environmental awareness.

Physical Health

People who spend more than

2 Hours

in nature per week can improve their health[1]

- To strengthen the immune system[2,3]
- To improve sleep quality[4]
- To reduce the likelihood of developing chronic diseases[5,6]
- To lower the risk of developing dementia in old age[7]
- To reduce the likelihood of severe obesity[8]
- To reduce mortality rate[9]

General Public

Mental Health

Exercising in nature for at least

5 Minutes

at a time can effectively improve mood and boost self-confidence[16]

- To help relieve stress[10,11,12,13]
- To reduce anxiety[1,6,14,15]
- To boost self-confidence[16]

People who visit the countryside every day can recognize

15%

more local species on average compared to those who rarely visit[19]

- To encourage pro-environmental behaviours[17]
- To enhance local sense of belonging and civic engagement[18]
- To enhance ecological literacy and knowledge[19]

Physical and Mental Health

Daily exposure to nature for

3 Hours

can reduce the risk of myopia[31]

- To benefit overall health[29]
- To reduce the likelihood of developing chronic diseases[30,31]
- To help relieve stress[32]

Learning Abilities

By Integrating the environment into subject teaching,

98% of teachers reported

that their students' enthusiasm and engagement in learning have been significantly increased[22]

- To improve academic performance[20,21,22]
- To enhance thinking skills[22]
- To increase learning motivation[23]
- To improve focus and self-discipline[23,24,25]

Children

Interpersonal Relationship

Participating in outdoor activities for about

1 Hour per week

can significantly boost children's self-confidence after 8 months of continuous engagement[34]

- To promote family harmony[33]
- To help to establish a positive self-image and self-confidence[34]

Environmental Awareness

Increased exposure to nature

Before Age 11

can help cultivate environmental awareness in later life[26]

- To increase environmental awareness and encourage pro-environmental behaviours[26,27]
- To enhance local sense of belonging and civic engagement[28]

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