

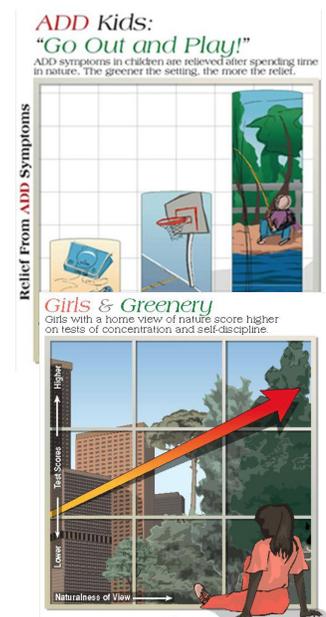
Greenspace Gladiators!



Greenspace has many benefits making it desirable on a school campus...

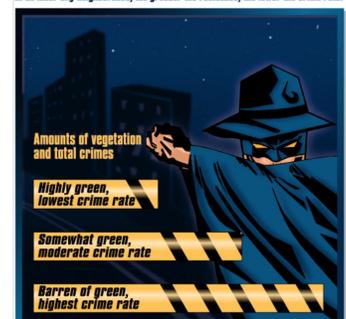
According to a study by the University of Illinois Landscape and Human Health Laboratory,

- Greenspace can help combat ADHD
 - “A ... recent study tested children with AD/HD in a controlled setting after they had walked in one of three environments that differed from one another in the level of greenery: a park, a neighborhood, and a quiet downtown area. The findings confirmed that the attention of children with AD/HD functions better after spending time in more natural settings”
- Improve girls’ self-discipline skills
 - “In a study conducted in a Chicago public housing development, girls who lived in apartments with greener, more natural views scored better on tests of self-discipline than those living in more barren but otherwise identical housing.”
- Help people cope with inner city life.
- Reduce crime rates
 - People relax and renew, reducing aggression, bring people together outdoors, increasing surveillance and discouraging criminals.



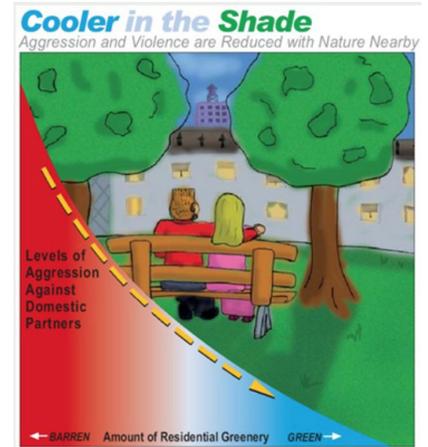
Green Streets, Not Mean Streets

In an inner city neighborhood, the greener the residence, the lower the crime rate.



- Compared with buildings that had little or no vegetation, buildings with high levels of greenery had 48 percent fewer property crimes and 56 percent fewer violent crimes.
- Reduce Domestic violence
 - Low scores on tests of concentration can be caused by high levels of mental fatigue, this study demonstrated that those living in barren housing were both more fatigued and more aggressive.

Your project to enhance or add greenspace to your campus can be anything from a Native Plant Garden to the Rain Tank Project (growing food in a garden counts!). Greenspace can be a great destresser to have on campus, in addition to improving the campus environment overall. Many of the psychological benefits that accounted for the effects listed above, when applied to a school environment, are greatly beneficial.



Field Trip Destination:

- Any hike in a natural area - Temescal, Malibu Creek, Malibu Lagoon, etc.



Resources **TREEPEOPLE** Students

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