

HEALTH BENEFITS OF GARDENING

BUILDING HEALTHY COMMUNITIES



From a young age, individuals learn about the world through observation, discovery, and interaction with their surroundings. If you have ever taken a walk through a park with a child, you may have noticed a change in their behavior. Spending time in nature benefits the health of both our minds and our bodies. A home, community, or school-garden provides the perfect setting to explore nature!

GROWING YOUR OWN IS GOOD FOR YOU!

- **Gardening promotes healthy eating:** Gardening can provide exposure to new and diverse foods. When children grow their own fruits and vegetables, they are more likely to try these foods. Creating a home garden is also a great way for families to spend time together and engage in outdoor physical activity.
- **Gardening improves mood and reduces stress:** As 'screen fatigue' increases, many families are looking for activities that do not involve technology. Tending a garden is the perfect way to take a brain break. In addition, gardening activities such as working with the soil and harvesting foods positively impact our body's release of mood-boosting chemicals in the brain.
- **Gardening provides opportunities for physical activity:** Adults and children should strive for 60 minutes of physical activity a day. Digging, planting, and harvesting in the garden are all forms of physical activity.
- **Gardening offers opportunities for experiential learning:** A [school-garden scavenger hunt](#) is a great way for teachers to [integrate nutrition into standards-based lessons](#) in a variety of subjects, including math and social studies.
- **Gardening fosters social-emotional skills:** Gardening teaches children basic life skills such as how to socially interact with others and develop skills such as sharing and taking turns. Working cooperatively allows children to develop a sense of self-confidence, teamwork, and responsibility as they create, plant, and tend to the garden. Gardening is also a good way for children to learn environmental responsibility by taking care of nature.



Consider the use of an [enabled garden design](#) that is accessible to and can be enjoyed by everyone!