



# The Connective

– Living Better With Nature –

Our vision is to get more Australians to connect with nature.

## Who we are

We're a group of community minded scientific practitioners from the environment, education and health sectors that are working together to encourage people to spend time outdoors, connect with nature and place and enjoy the collective health giving benefits.

**At the Connective** we are creating programs and conversations, sharing stories, information, challenges, new ideas and resources so you and your community or company can connect better with nature.

## What we Offer

The Connective offers a network of professionals and community representatives that are exploring ways where we can share nature connection initiatives, research and projects. Where we invite you to participate in our programs, view the many stories on our website, use the shared resources available and contribute to our conversations and discussions.

We offer a range of nature-connection and place-making services including:

- Workshop programs to help to involve, inform, equip and motivate staff and individuals to become more actively engaged with nature and place. Tailored to government, business, universities and community groups and aligned to holistic sustainability delivery models
- Tailored presentations providing evidence-based models on the collective benefits and practical applications of nature-connection and place-making practices
- Biophilic workplace design to improve employee wellbeing and productivity. Integrated design models that incorporate nature-based and place-making elements into the workplace, correlated with mindfulness practices
- Natural area and urban design planning including nature-connection gardens



## Who can Benefit

Daily experiences with nature can transform the way we learn, work and live. Increasing urbanisation, busy lifestyles, our obsession with screen-based technologies, reduced access to green space, and increasing phobias about outdoor environments are all contributing to the decline in opportunities to connect with the natural world.

## Adults need Nature

Research has shown that there is an array of health and wellbeing benefits associated with nature connection, including:

- **Physical health** – nature enhances our immune function, helps to improve attention deficit/hyperactivity disorder (ADHD), infectious diseases, surgery recovery, obesity, cardiovascular disease and many immune related diseases.
- **Mental health** – nature assists in reducing depression and anxiety disorders, improves sleep and overall wellbeing.
- **Liveability** – nature filters our urban pollutants, provides shade to lower temperatures within city environments and reduces erosion of soil into our waterways.
- **Belonging** - backyards, parks, community gardens, National Parks and State Forests all provide important places for communities to develop genuine social interactions, building a sense of belonging with place.

## Children need Nature

Nature provides children with enriching experiences to help build healthy, happy childhoods, by teaching children to:

- **Manage risks** - tree climbing, balancing on logs and crossing a creek all improve motor and cognitive skills whilst learning to distinguish the difference between perceived and real dangers.
- **Engage with their senses** - seeing a flower change from bud to full bloom; hearing cicadas call on a hot day; smelling nectar laden eucalypt flowers; feeling the cool freshness of water flowing in a creek or the warmth of sun on the face or wind in the hair - all offer the ultimate sensory experiences to a growing child.
- **Develop emotional intelligence** - during nature play, children learn to manage their emotions. Whether addressing fear, developing confidence or developing a sense of place and belonging - nature is the perfect teacher.
- **Improve social skills** - children learn how to negotiate, compromise and navigate problem solving with others. Nature play involves constant communication where children learn how to become flexible and stand up for their own needs and the needs of others.



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