

News

Contact with nature creates custodians of planet Earth



06/26/2017 - 15:26

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80% of the population in Brasil live in big cities. Photo: Instituto Alana.

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40% of Brazilian children spend 1 hour or less a day playing outdoors. Photo: Instituto Alana.



Residents of a neighborhood of São Paulo have created a green space for coexistence for children: the Spring Park. Photo: Instituto Alana .



"One hour a day outdoors, in family or at school, can bring all these benefits". Photo: Instituto Alana.

Nature is a source of learning and creativity, personal development, and freedom. It is pacifying and restoring; a recipe for health and wellbeing...

A video by the [Alana Institute](#), in São Paulo (Brazil), explains just how important it is to live your childhood **in contact with the natural world** to grow up healthily.

With the testimonial of several education professionals as well as parents, the video underscores how important this contact is to be happy and become conscious, responsible, and productive adults who are the custodians of our planet.

The video is part of the project [Criança e Natureza](#) with a series of videos called *Inspirações* (Inspirations).

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