



# APPRECIATION OF NATURE CAN BE FOSTERED THROUGH ART

## **Together, we strengthened a program that helps students connect with nature.**

Research shows that spending time in nature can benefit young people's development, health and wellbeing. Similarly, photography has been associated with improved student focus, engagement and learning. Yet few programs integrate nature and art into one workshop. By combining photography and nature-awareness activities, Focus on Nature's (FoN) workshops aim to foster students' creative expression, observational skills and attentiveness to the environment. The Research Shop, working with FoN, conducted a survey in order to evaluate the impacts of their one-day nature photography workshop. The results showed that FoN's program has successfully enhanced students' connection to nature.