

Plants for better learning!

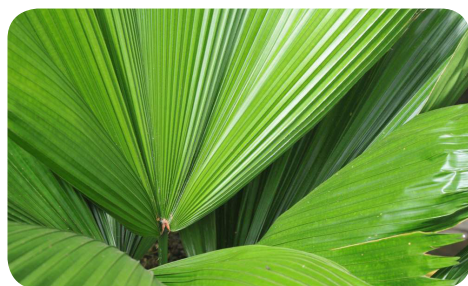
Researchers and scientists over the world have proven how much plants increase our indoor working environment.



Attentiveness increases as much as 70% when plants are put in a classroom

Research conducted by Amanda Read of The Royal College of Agriculture in Cirencester demonstrated that students attending the lectures in the planted rooms were much more attentive, with distractions reduced by 70%. Students were also almost 100% more likely to return to lectures in the planted rooms.

(The Royal College of Agriculture, Cirencester)



Here are some other of the fields studied and what impact plants have on us:

Improve productivity

By as much as 12% (Lohr)

Concentration

Especially if you sit in front of a computer for more than 4 hours a day (Berg, Lohr)

Creativity

Contribute to increased creativity (Ulrich, Hesselink)

Noise

Absorb and deflect sound (Costa)

Energy controllers

Heat and cold regulators (Costa, Schempp)

Not less important than the examples mentioned above, is the fact that plants reduce illness and complaints of bad health.

Fewer complaints, less illness

In many workplaces the air is too dry and contains harmful substances which can cause health problems. Common complaints are a dry throat, a headache, dizziness, fatigue, irritated eyes, airways and skin, and coughing.

Placing air-purifying plants can reduce these health complaints significantly. Plants release moisture into the air, absorb heat and noise, and absorb and break down harmful



substances.

The effect of plants in the workplace has been the subject of repeated scientific investigation. Time after time the conclusion is the same: Plants work and they work for your health! In research carried out at a Norwegian primary school, plants were introduced into classrooms to improve the indoor atmosphere. Findings from the research show that there were less health problems in the classrooms where the plants were located.

Time to act

It's time to implement this knowledge! Together with your professional Interior Landscaper you can soon get the benefits of plants and of course, your school will look much nicer and more attractive.

Please find more information at:

www.healthygreenatwork.org

www.plants4life.org/index.php/background/

Please send replies and questions to:
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