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ADHD is known as Attention Deficit Hyperactivity Disorder. Children with ADHD have trouble focusing, concentration and carrying out normal activities. There have been many research studies on preventing, diagnosing and assisting children with ADHD. In many ways, it has been argued that children with ADHD are influenced highly by their surroundings. Nature has been shown to help children with ADHD improve in many different ways. This is why it is important for those designing in a learning setting to bring nature ideas indoors and use nature as much as possible.

A book published in 2008 focuses on the way children are able to focus after experiencing nature. It might be that the calming soothing essence of nature is what settles the mind of children with this disorder. Whatever it may be that helps it is important to incorporate that with the child's everyday life. Sometimes our surroundings have a way of altering one's mood and way of thinking. A recent research study has proven, "nature helps children with ADHD and outperforms prescription medicine". (Hance 2008) This proven method can highlight a new area of designing.

If nature is the simple cure to this ever growing problem, there is so much that can be done to help keep nature alive outdoors and bring nature indoors. The study has results that show children with ADHD who engaged in a 20 minute or more walk in nature, were better able to concentrate on studies. What can be gained by this is simply that the surrounding of children with ADHD has a huge affect on the way they are able to learn.

No research can prove the long term affects of this but it is true that a natural way to allow a child to focus and learn is always better than medication. Those involved in the study also believe that after the time, the issues associated with ADHD can be lessened. Schools can take part in this

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by changing the surroundings in schools. If nature affects the way children with ADHD learn, it will also have effects on children without ADHD. The benefits of bringing nature indoors are great for everyone.

Children should have a peaceful environment to learn in. Too many distractions can make it hard to concentrate. When designing a school setting it is important to keep in mind that simplicity will allow the mind to relax. Certain things can be brought into the design element that are from nature. " Classrooms can have real plants and trees and flowers". (Taylor, Kuo 2008) Other elements such as a simulated waterfall and aquariums are important.

The style of the classroom really must be dependent on its surroundings. If the classroom is near trees, water or open fields, it is important to have large windows that bring the outdoors in. When a classroom is surrounded by less nature and more buildings, it is important to let light in but close off the distractions.

The theory really is quite amazing. Although there is not extensive research to back up the argument, there is nothing wrong with allowing children to learn in a relaxing environment. Every design can use a little nature and if that nature can help a child with ADHD then it should be a focused aspect by many designers.

## References

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