# Study: Playing outdoors creates better behavior

**Los Angeles Times**

Communing with nature not only lifts spirits, it helps people behave better, according to a study published this month.

Psychologists at the University of Rochester conducted four experiments with 370 people who were shown computer images of either natural settings, such as landscapes and lakes, or man-made settings, such as buildings and roads. The subjects were encouraged to look at the surroundings carefully, noting things like colors and textures and imagining things like sounds and smells. They then completed questionnaires about the importance of various values, such as wealth, fame, connectedness to community, relationships and the betterment of society.

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