Adolescents are spending less time in nature and are more disconnected from the environment than previous generations and also report experiencing higher levels of stress and anxiety. Increased exposure to nature has been shown to decrease stress in some populations. This study explored how time in nature can affect student stress levels as well as their environmental attitudes. Students at the Seattle Waldorf high school participated in 5 day outdoor education trips, which focused on developing self-awareness, promoting environmental stewardship, and developing a connection to place and sense of belonging within the Pacific Northwest. Two types of surveys were administered: one to measure environmental attitudes pre and post trip, and one to measure student stress levels. The stress surveys were administered three times, before, during, and after the trip. Results show a significant decrease in stress levels of students on trips and an overall increase in environmental attitudes. These results point to the importance of time in nature for adolescents and the ability of these types of extended trips to both improve well being and promote environmental stewardship.