

# Five ways to wellbeing in nature



## Give

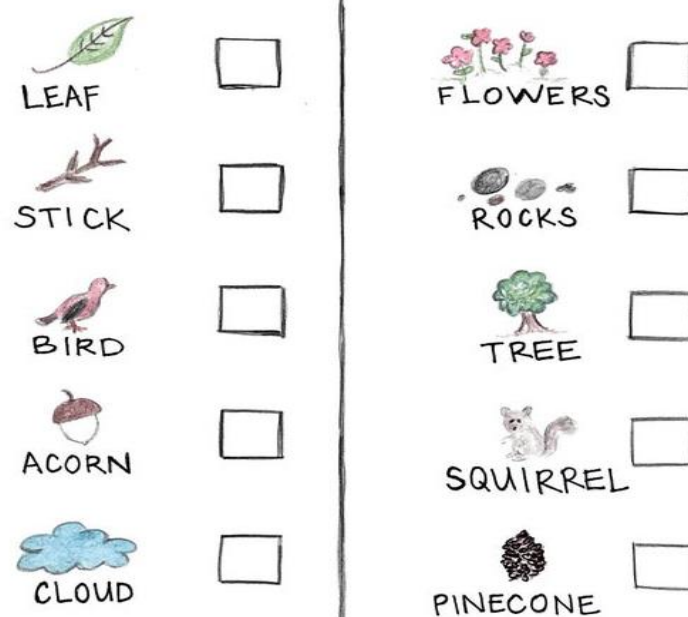
Give to nature by putting out some water and seeds for the birds or leave an area of your garden to grow wild for the butterflies and insects. What other ways can you think of to take care of the environment?

Give to others! Give them your time, your kind words, and your friendship.

## Connect

Connect with friends or family by going for a walk or doing activities together. Try out these ideas below!

- Collect natural materials (sticks, feathers, stones, leaves!) and make a big natural art picture.
- Do a scavenger hunt! Follow the one below or create your own.



## Take notice

There are so many beautiful things to see in nature. Take notice of how the water in a stream ripples, or how the wind blows the trees in all different directions. How many different sounds can you hear?

You can also take notice of yourself. How do you feel when your outside?

## Keep learning

You can always learn new things outside! Look under a log - what can you see? How many different types of leaves can you find?

Can you spot any of these birds? What are their colours, how big are they, what does their song sound like?



Blackbird



Great Tit



Blue Tit



Chaffinch



Wagtail



House Sparrow

## Be active

Climb a tree, roll down a hill, run through a field, go for a walk or bike ride! Being active in nature can make you feel really good and happy, as well as being great for you physically!