

Why is
spending time
in nature so
good for us?

Take it further:

THINK

What curiosity questions can you ask?

e.g. *How often do you spend time outdoors? How important is it to be outside? What do you find in nature that you cannot find indoors? What is your favourite place in nature and why? How much movement do you usually do outside? What is your favourite outdoor activity? What do you think of when you hear the word 'nature'?*

FEEL

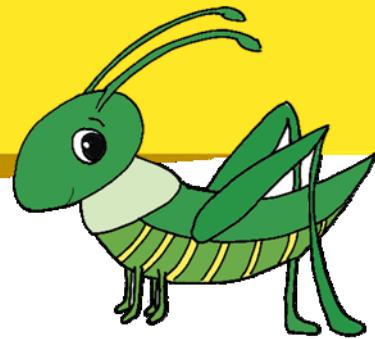
How might different people feel about this?

e.g. *What do you like about being outside? How do you feel when you hear a bird sing? How do you feel when you spend time in nature, such as the forest, river, beach or fields?*

CONNECT

What links can you start to make?

e.g. *What is the best memory you have of spending time in nature? What do we humans have in common with other beings in nature, such as a tree or a bird? What can you do outside that you cannot do inside on a computer?*



Activity ideas:

1. What are the sounds of nature?

Sometimes we don't notice all the sounds that nature makes around us. Sit at your window, in your garden, or any outdoor space that you have access to for 10 minutes and write down all the sounds of nature that you can hear. For example, the different sounds of the birds, rain hitting your roof, leaves rustling in the wind, or bees buzzing around.

2. Every season has its highlights and special experiences that we encounter when spending time outdoors. Do you have a memory or a favourite thing you do in spring, summer, autumn and winter?

Open this worksheet on the seasons and follow the instructions:

[Connecting to the seasons](#)

3. What would you say to nature – to a bird, a flower or a tree – if you had the chance? Use this worksheet and follow the instructions to write your letter to nature:

[Writing to nature](#)

4. Become a nature photographer!

Use a digital camera or a smartphone camera and try to notice the very small details of nature around you that you had not seen before! Use this worksheet to guide your project:

[Become a mindful nature photographer](#)

*USE THE [THINKER'S GUIDE](#) TO HELP YOU

What other activities could you do?

EXPLORING THE NATURAL WORLD | **Habitats**