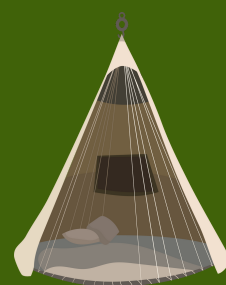
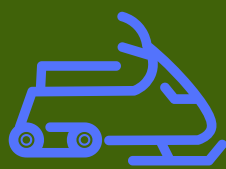


WHY HANG OUT IN NATURE?



OUR CONNECTION WITH NATURE

We all have a place, or many places, in nature that make us feel good. These places may help our mind feel more clear or calm, help our mood, reduce our stress levels, boost our immune system, help us clarify our identity or help our body move in different ways (Robbins. 2020).

These are some of the many gifts of nature.

This activity helps students become more aware of the effect nature has on our emotions, and create a strong visual display that reminds both them, and staff at school, of the importance of nature in our lives. It also helps students practice and learn words related to nature and our feelings



FAVOURITE PLACE

Ask students to draw themselves in their favorite place in nature. There is a list of ideas below.

HOW YOUR FAVOURITE PLACE BENEFITS YOU

Ask students to search 'benefits of nature' or watch these short videos to do some of your own research on how YOUR favorite place is likely to benefit you.

[The Hidden Benefits of Nature](#)

[The Health Benefits of Nature](#)



YOUR FEELINGS

Ask students to choose three positive words to describe how you feel when you are there. There is a list below.



NATURE PLACES

Cabin, River, Pond, Beach, Mountain, Trail, Stream, Playground, Garden, Campground, Boat, Canoe. Woods, Camp fire, Hunting, Swimming, Riding, Hiking, Exploring, Quad bike, Skidoo, Forest, Farm.

EMOTIONS

Calm, Relaxed, Excited, Free, Energetic, Happy, Content, Safe, Brave, Thankful, Curious, Peaceful, Confident, Amazing, Silly, Sleepy, Blessed, Pleased. Wonderful, Playful, Joy.

DISPLAY

Display the student work on a prominent wall where all students can see the connections between our emotions and our time in nature



Bibliography

Robbins, Jim. "Ecopsychology: How Immersion in Nature Benefits Your Health." Yale E360, 9 Jan. 2020, e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health#:~:text=These%20studies%20have%20shown%20that.