

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, improve 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 creates 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 or participating in their favourite activity in nature. There is a list of ideas below to help inspire the class, if needed.

HOW YOUR FAVOURITE PLACE BENEFITS YOU

Ask students to describe the place or activity they've drawn and discuss why it's meaningful to them.

In their own words, have students write a short sentence about why they feel that this place or activity benefits their well-being.



YOUR FEELINGS

Ask students to choose three positive words to describe how they feel when they are in their chosen place. There is a list below to provide suggestions.



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, Joyous.

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.