Thriving with nature

There are remarkable health benefits of connecting with nature.

From forests and rivers, to parks and gardens, to window boxes or even house plants, we can find nature wherever we are.

Interacting with nature can be not just enjoyable, but also beneficial to our mental health and wellbeing.

Looking after our mental health and wellbeing is important for everyone, and there are things that each of us can do in our day-to-day lives that can help to support good mental health.

Taking time to reflect on our natural surroundings can be positive for mental health and wellbeing.

There is so much to observe in the garden, watching animals and nature in their natural habitat helps improve overall well being.

Walking or running in the natural environment gives us an extra boost when done outside.

Activity - go outside and be active. Walk the daily mile, play games and have fun.

Many people find nature inspires them to create,be it through painting, drawing, photography or writing.

Dance, music, art can also help to reduce worry, stress and anxiety.

Activity - go outside a be creative. Try writing a few sentence or sketch a picture.

To be able to enjoy nature we need to look after it.

Can you think of things that people do that might impact nature and the environment?

What can we do to help look after the world around us?

What can we do to improve and help the nature in our school grounds?

Outside Activities

Use your senses to explore outside -

See - autumn is a great time for a walk to see the trees and the leaves starting to change colour.

Touch - can you find different textures to feel outside? Fallen leaves, acorns, sticks, bark.

Hear - listen to the sounds outside.