

8 WAYS TO INCLUDE NATURE IN YOUR WEEKLY ROUTINE



NATURE WALKS

Go for a walk in your local park or around your neighbourhood and look for birds, bugs, and interesting plants.



OUTDOOR READING

Take your book outside and read under a tree, on the grass, or on your balcony if you have one.



GARDENING TIME

Help out in the garden by planting flowers, watering plants, or pulling out weeds.



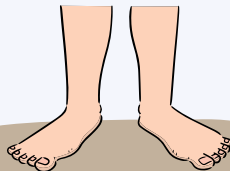
PICNIC LUNCHES

Once a week, eat your lunch outside in the sunshine with friends or family.



NATURE SKETCHING

Draw something you see in nature like a leaf, a tree, or an animal you spot nearby.



BAREFOOT MOMENTS

Take your shoes off and feel the grass or sand between your toes when it's safe to do so.



CLOUD WATCHING

Lie on your back and look up at the clouds. Try to find shapes or animals in the sky.



RECYCLED NATURE CRAFTS

Collect leaves, twigs, or stones and turn them into a creative art piece using recycled materials.

THERE ARE LOTS OF EASY WAYS TO FEEL MORE CONNECTED TO THE PEOPLE AROUND YOU. HERE ARE 8 SIMPLE ONES YOU MIGHT LIKE TO TRY.