



Why is being
in nature so
good for us?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What do you think of when you hear the word 'nature?' Do you think humans are part of nature? Why are most people more happy in the summer? How much time do you usually spend outside each day? What is your favourite outdoor activity?

FEEL

How might different people feel about this?

e.g. How do you feel you are in nature? When do you feel most connected to nature? 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 or river or beach or fields?

CONNECT

What links can you start to make?

e.g. How might nature be able to help you when you are feeling unhappy, sad, alone, or upset? Where can you find nature in your town, city or community? Why have some humans become very disconnected from the natural world?

--- EXPLORING THE NATURAL WORLD | Waste ---



RESOURCES:



[How does nature impact our Wellbeing?](#)

(Article | *University of Michigan*)

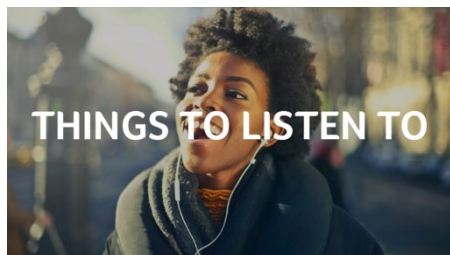
[Ecopsychology: How immersion in nature benefits your health](#)

(Article | *Yale Environment 360*)



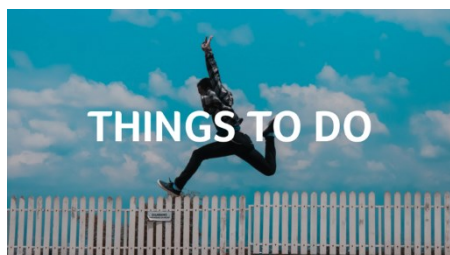
[The Magnificent Beauty of Nature](#)

(4 minute video | *Eradus*)



[Brain on Nature: How going into the natural world changed my brain](#)

(Podcast Series | *Sarah Allely – Brain on Nature*)

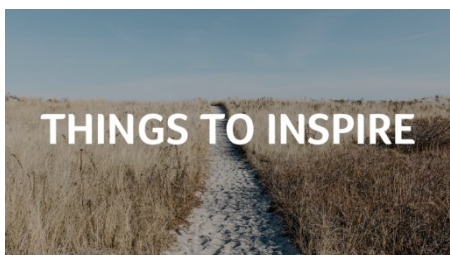


[Try the iNaturalist App](#)

(Nature connection app | *iNaturalist*)

[Ask Nature](#)

(Website and resources | *Ask Nature*)



[Explore our Habitats topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

EXPLORING THE NATURAL WORLD | **Habitats**



Activity ideas:

1. Nature is very important for the health of both our body and our mind. Even if you find living somewhere without the option of going out into nature, you can still bring the outdoors inside your home! For example, you could raise your [own avocado tree](#) at home, using the pit of an avocado, or make an indoor herb garden or your own terrarium. Take a look at this [website](#) for more ideas.
2. 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](#)
3. 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](#)
4. Meditation is a powerful way to connect to nature by using your mind and your breath. Try out our [guided meditation](#) on the natural world – you may be surprised at how easy and enjoyable it is.

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

