

Stretch



Go outside and stretch your muscles.



Smell

Walk around outside and smell plants.



Sensory



Make a sensory box of nature eg. sand, leaves.



Smile

Go outside and do something that makes you happy.



Breathe



In your garden practice breathing techniques.



Share



Share positive posts about nature on social media.



Colour



Sit outside and do mindful colouring.



Affirm



Write positive affirmations in nature.



Journal

Sit outside journaling and writing poetry.



Collage

Create nature based, positive collages.



Create

Download the PDF

Visit the website

Do something creative out in the sun.



Contemplate

Spend time contemplating and reflecting in nature.



Read

Visit the website

Read an uplifting book in the fresh air.



Practice

Watch the online video

Try Yoga and similar practices outside.



Mindful

Download the PDF

Go on a short mindfulness walk.



Unplug

Visit the website

Unplug from technology and spend time in nature.



Hike

Go for a hike
and spend time
in nature.



Dance

Dance freely in
your backyard.



Time

Spend time
with family and
friends outside.



Picnic



Have a picnic
outside in fresh
air.



Reconnect

Sit outside to
call someone
you've lost
touch with.



Inspire



Follow inspiring
people on
Social Media.



Walk

Take your dog
or your friends
dog for a walk.



Admire



Walk to a nice
area and watch
the sunset.



Active

Make tasks more active and nature based.



Music



Exercise outside whilst listening to music.



Bright

Go out in the sunshine to improve sleep.



Clear

Relax and clear your mind in nature.



Plant



Plant a fruit and vegetable patch.



Hydrate

Always carry a bottle of water with you.



Learn



Learn a native language e.g. Yorta Yorta



Fitness



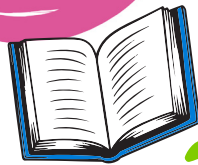
Download a Fitness App to use outside.



Challenge



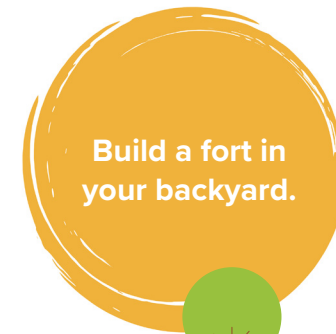
Stories



Make



Build



Compete



Play



Camp



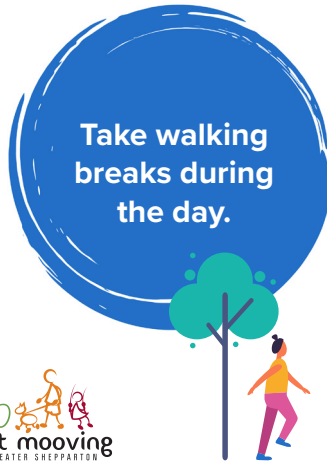
Hopscotch



Breaks

Watch the
online video

Take walking
breaks during
the day.



Garden

Visit the
website

Garden to work
on your mental
health.



Grow

Watch the
online video

Grow a
terrarium with
plants from your
garden.



Mindful Minute

Watch the
online video

Go outside
for mindful
minutes during
the day.



Puzzle

Download
the PDF

Have a break
outside and
do a Sudoku
puzzle.



Relax

Spend 5
minutes
outside and
simply relax.



Switch Off

Watch the
online video

Turn off your
notifications
and have a
break in the
fresh air.



Lunch

Eat your lunch
out in nature
most days.

