

# A Mindful Walk in Nature



What Can You See?

What Can You Hear?

What Can You Smell?

What Can You Touch?

## Be Creative

Stop and draw things which you see. Perhaps a leaf, a flower or a tree. Take paints and spend a day painting. Hang your paintings at home to take nature with you.

Make a Nature Journal. Record things you see, hear and smell. Note how you may feel different when in nature. Collect and identify dried leaves to stick in your journal.

Take a piece of paper and a crayon or pencil. Hold the paper over a tree and make a rubbing of the bark. Look at the different textures.

You can find lots of activities and more ways to enjoy nature here:  
Bath Mind's Wellbeing Activities