

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:

www.bathmind.org.uk/advice-and-support/wellbeing-activities/nature/