



#generationgreen

We need nature. Nature needs us. It's that simple.

Humans are part of the natural world – our minds and bodies work best when we are connected with nature. Here are five brilliant and important ways to make nature part of your life.



Contact...

Use your senses

- Take time to listen to the birds.
- Smell any flowers you find.
- Watch the breeze in the trees at the park or on the street.
- Walk barefoot in the woods or at the beach.



Emotion...

Find the joy

- Watch foxes or birds at play and notice how funny they can be.
- Notice a tiny spiders' web and think how long it takes to make.
- Close your eyes and listen in the woods, notice how calm it makes you.



Beauty...

Get creative

- Create some wild art from fallen leaves, petals and twigs.
- Record an insect's amazing colours or all the details of a shell.
- Make a wind chime out of sticks.



Meaning...

Listen to the stories

- Notice how nature appears in songs and stories from all around the world.
- Map the journey of an ant.
- Celebrate the longest day on 21st June, or the first falling leaves in Autumn.



Compassion...

Look after nature

- Make a bird feeder.
- Plant some wildflowers for the bees.
- Help to clean a beach, park or street near you.

