

# Top Tips

for using the Outdoors to support our well being

## Nature Spotting



## Transient Natural Art



## Go on a walk



even a bare foot one!

## Create items out of wood



## Mud painting/ creating

## Scavenger Hunt

## Watch the stars



## Exercise outside



For More Info

## Have a picnic

Toast marshmallows or make s'mores



## Garden Games or Gardening



**The Alphabet Game- On your walk try and work through the alphabet to see things from nature**

**A- acorn**

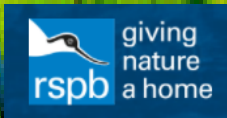
**B- Bud**

**C- creature**

**D- Duck**



**Play Pooh Sticks  
like Winnie the Pooh  
and Christopher Robin**



**RSPB Big Garden  
Birdwatch  
28th -30th January**

**Puddle Jumping**



# Useful Links

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/choosing-an-activity/>

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<https://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide>

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<https://www.nationaltrust.org.uk/>