



Fill Yourself Up With Nature



EDUCATORS - [BARNARDOS.ORG.UK](https://www.barnardos.org.uk)

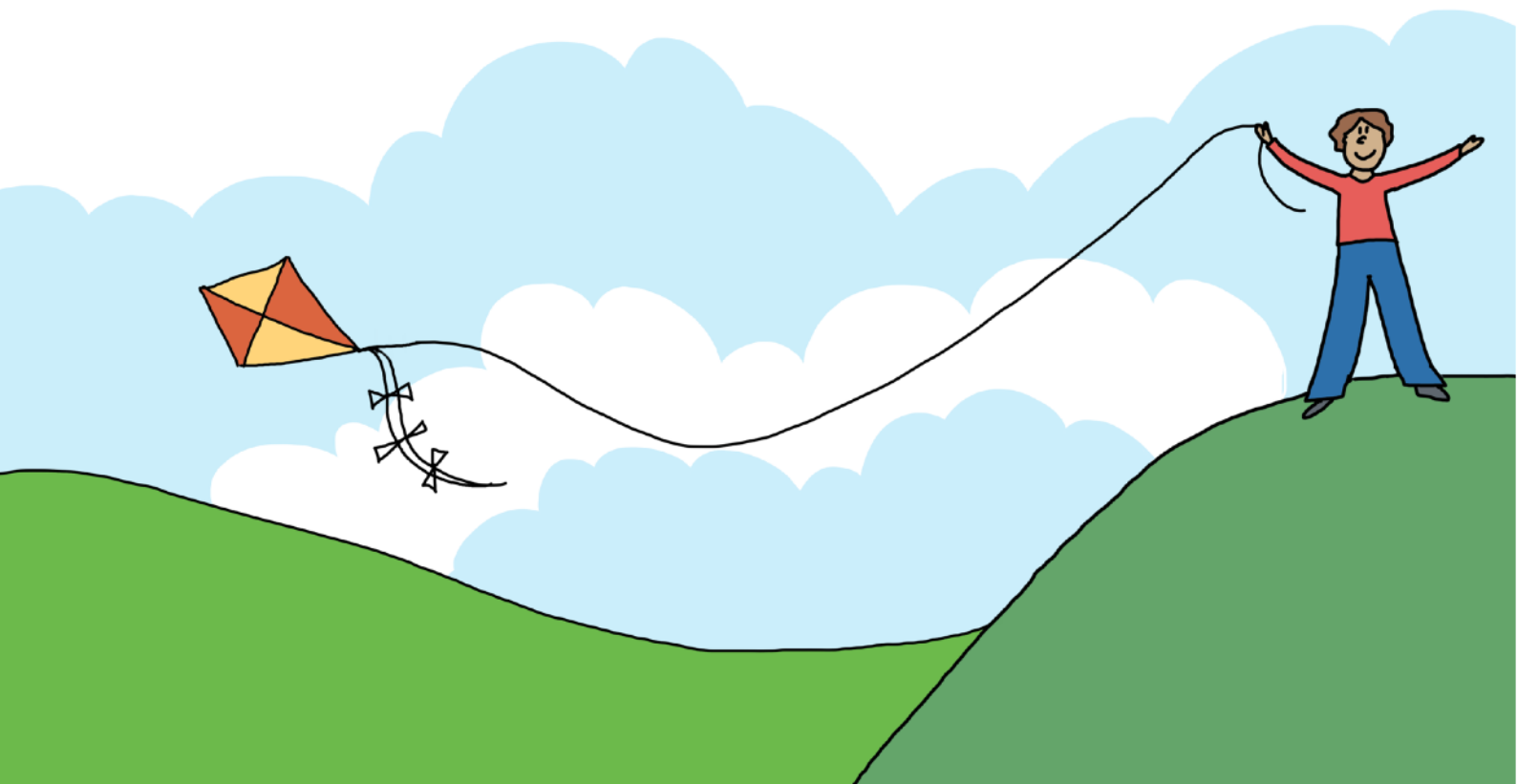


There are many mental and physiological benefits to being outside in a green space or bringing nature indoors:

- ♥ Lower heart rate
- ♥ Lower blood pressure
- ♥ Muscle tension reduces
- ♥ Improvements in mood
- ♥ Reduction in stress and anxiety



Take some time to notice, and jot down, how you feel when you do some of these activities





Delight in the Small Things

Choose a flower/plant/tree you really like in your garden, street, park, village, area and really study it.

Get up close and look at the colours/shapes/ lines/patterns/form.

✿ What do you notice?

✿ What part do you find the most interesting?

✿ Is there anything you are noticing for the first time?

Draw back and look at it again in relation to other plants and trees around it.

Do the same for other senses: smell and touch (as appropriate)

Draw a picture / add a photo of your chosen flower/plant/tree

A large, empty rectangular box with a thin blue border, intended for drawing or adding a photo of the chosen flower, plant, or tree.

What do you notice about your body now?

How do you feel? Are there any changes?

A large, empty rectangular box with a thin blue border, intended for drawing or adding a photo of the chosen flower, plant, or tree.

You can do this with anything that has enough visual detail to draw you in and focus, such as a book of different paintings



Take your Indoor moves Outdoors

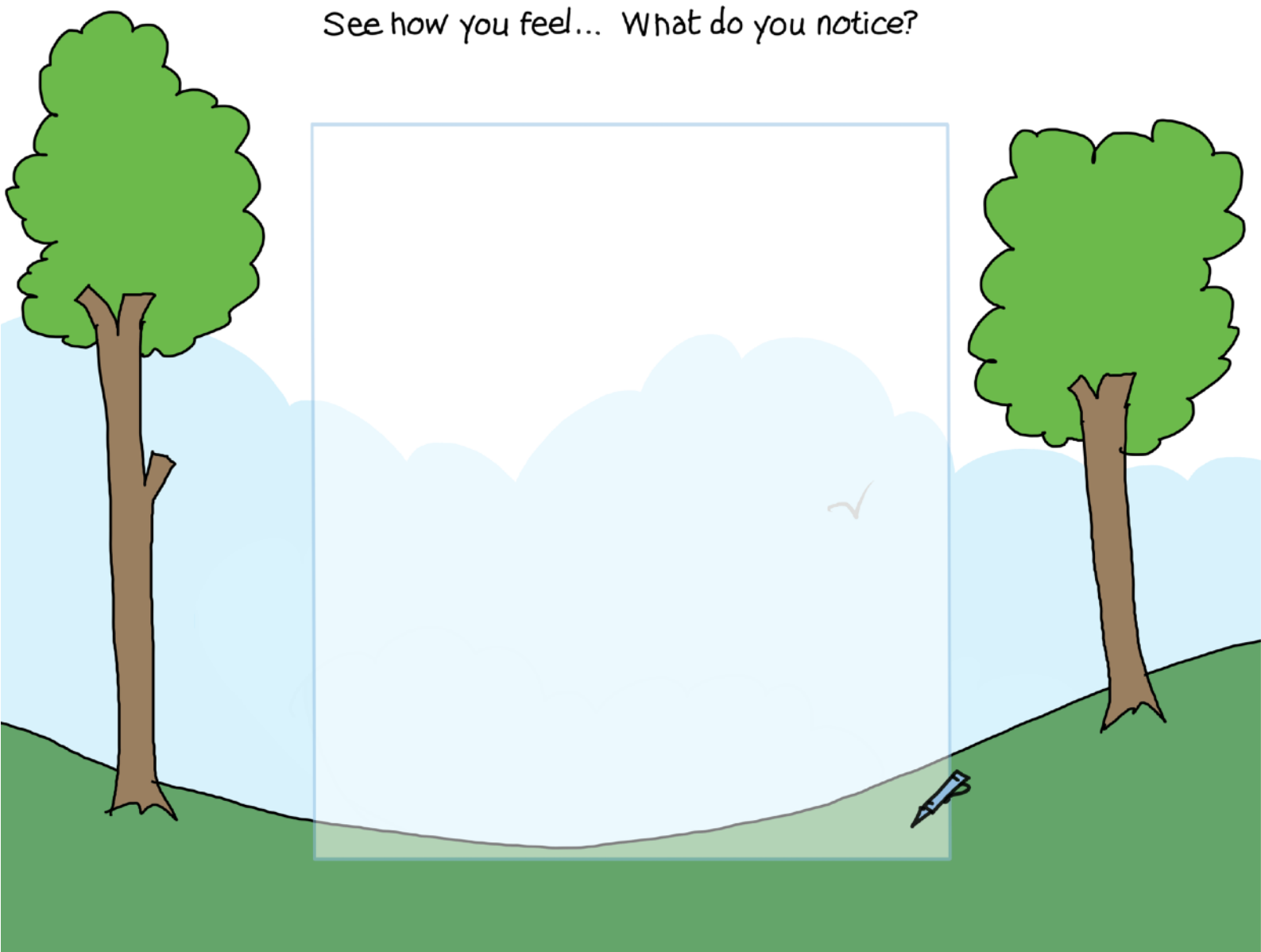


Dancing: Choose a few favourite tracks that you love dancing to and take the dancing outdoors to a place nearby that you like on your own, or with a person/people you love to dance with.

Cardio/strength exercises: why not switch the lounge/bedroom for a green space?

Yoga/pilates: try a short session on the grass – warm up inside if it's not that warm!

See how you feel... What do you notice?



Explore Outdoors

Take your socks and shoes off and walk on the grass

Spread out your toes

Step forward, leading with the heel of your left foot, and pressing onto the ball of your foot. Bring it back and repeat on the other side.

Try doing plies with your heels down and then with your heels up!

Stand on the top of a hill on a windy day and let the wind buffet you!

Fly a Kite!

Go to a wood/area where there are a lot of trails.

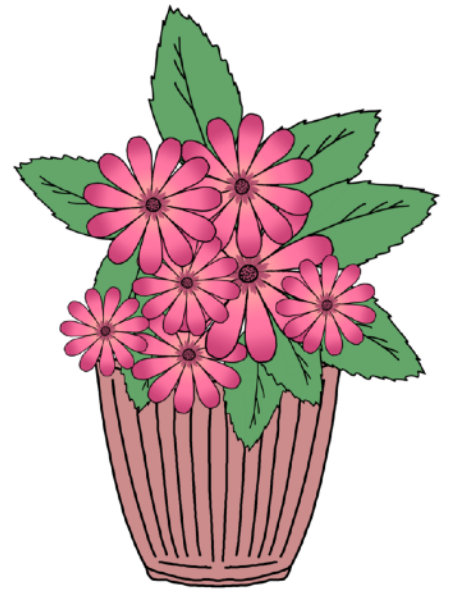
Follow one you have never been on before and see where it takes you!

Find a bridge over a river and play Pooh sticks or something similar!

What did you think about doing these things initially?

Did you change your mind when you did them? Why?

Create a Green Space at Home



- 🌿 Buy houseplants/flowers
- 🌿 Grow salad in a window box
- 🌿 Make a mini garden/terrarium in a large glass jar using plants, soil, stones and other natural items



- 🌿 Create a Hydroponic garden - a globe with plants growing in nutrient rich water
- 🌿 Grow herbs in a pot

What impact does creating a green space in your home have on you—physically, mentally, emotionally?

Visualise a Special Place

There may be one outdoor location that you think of a lot, but can't physically get to at the moment.

Find a comfy place to sit/lie down.

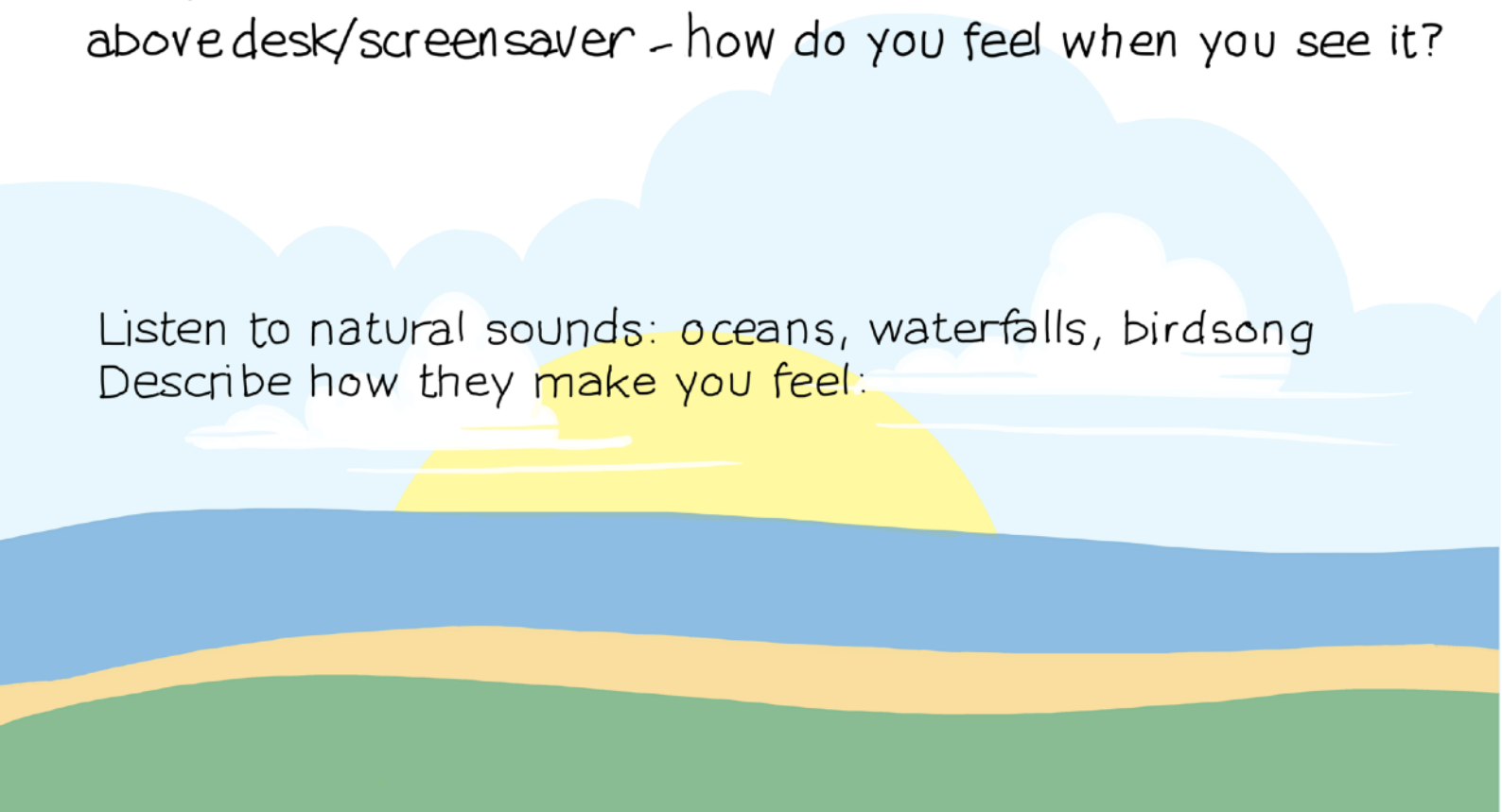
Take a few moments to bring it to mind, imagine yourself there. What you are doing, wearing, feeling like?

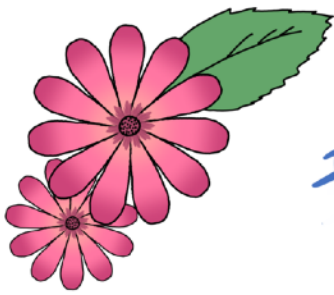
Get a pen and write whatever comes to mind from visualizing the place without taking your pen off the paper.

Read it back...How do you feel?

Put pictures/photos of this place in key places:
above desk/screensaver - how do you feel when you see it?

Listen to natural sounds: oceans, waterfalls, birdsong
Describe how they make you feel:





Finally here are some suggestions for getting close to nature

Podcasts

The Stubborn Light of Things

<https://melissaharrison.co.uk/podcast/>

"Terrific.. a balm for the soul"

The FT's Best Podcasts of 2020

BBC Earth

<https://www.bbcearth.com/podcast>

30 Animals That Made Us Smarter

<https://www.bbc.co.uk/programmes/p074bgy2>

Slow Radio

"An antidote to today's frenzied world. Step back, let go, immerse yourself: it's time to go slow."

Listen to the sounds of birds, mountain climbing, monks chatting as you go about your day. A lo-fi celebration of pure sound."

<https://www.bbc.co.uk/programmes/p05k5bq0>

Guided meditation

It can be helpful to do some guided meditation outdoors. Headspace provides both free and paid content.

<https://www.headspace.com/meditation/10-minute-meditation> (free)

<https://www.headspace.com/covid-19> (free)

