

Connect with Nature

activity pack

Answers



Mental Health Awareness Week

Aim

- To learn the importance of connecting with nature
- Understand the benefits of outdoor activities for positive emotional wellbeing
- Provide fun activities themed around the environment

Objective

- To connect with nature through learning
- To complete interactive challenges outdoors themed around nature and wellbeing
- Review own learning

Activity 1

Off you pop!

Find three natural items in your surroundings
that makes you happy or boosts your mood

i.e a stick which I use to throw when walking my dog

1.

2.

3.



Checkpoint 2



What am I?

I can fly but have no wings
I can cry but have no eyes,
Wherever I go, darkness follows me.

Cloud

River

Can run but never walks,
Has a mouth & never talks,
Has a head but never weeps,
Has a bed but never sleeps

I'm gentle enough to soothe your
skin, light enough to fly through the
sky, strong enough to crack rocks

Water

Air

I touch your face,
I'm in your words,
I'm lack of Space
and beloved by birds

Activity 3

Emotions

pay ph

Happy

ads

Sad

July of

Joyful

ny rag

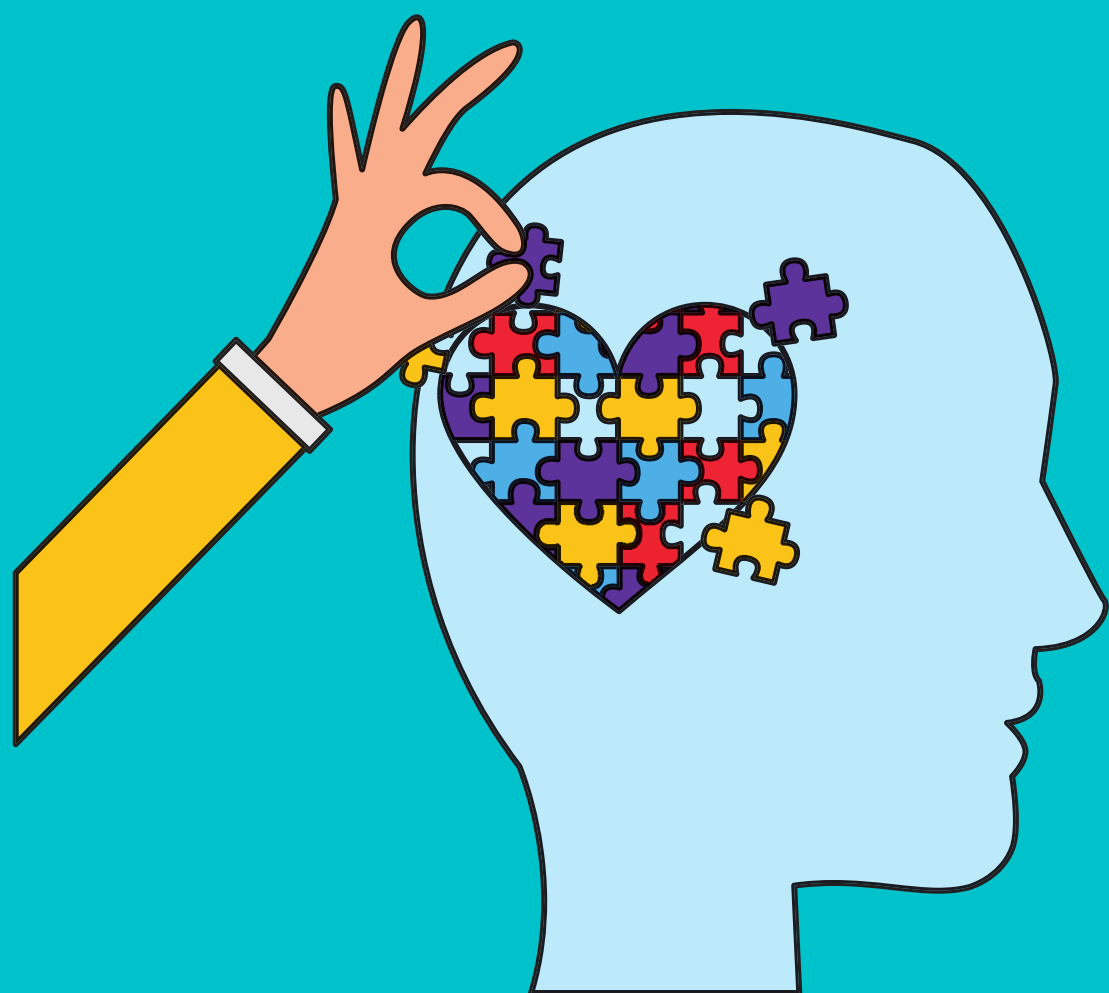
Angry

I od rr we

Worried

dec exit

Excited



Activity 4



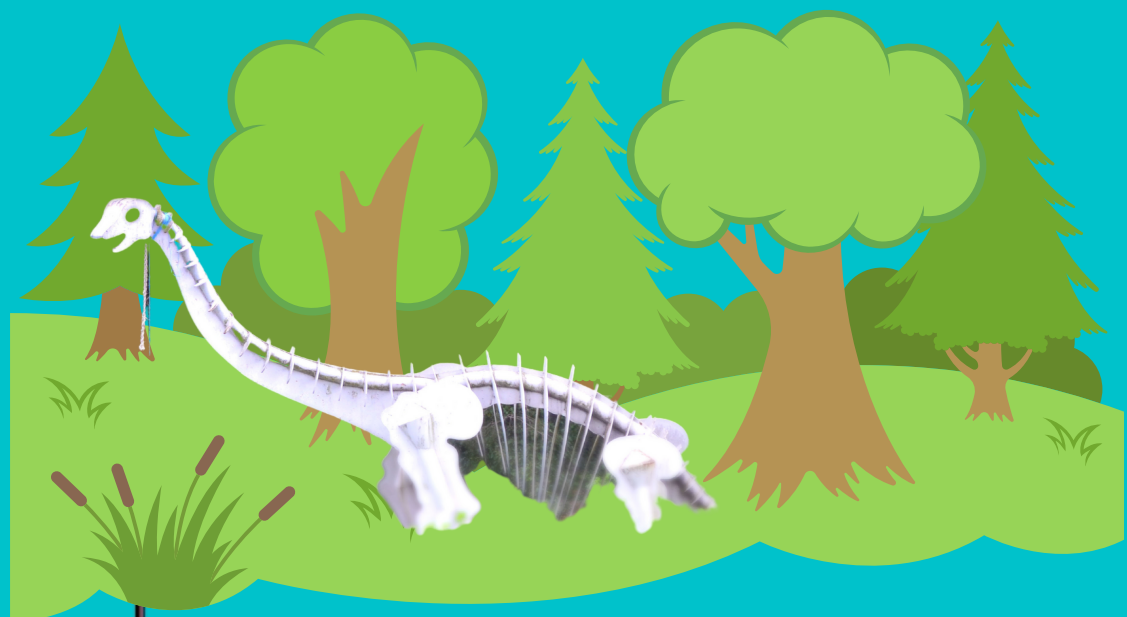
Where am I?



Roseberry Topping



Saltburn Pier



Teessaurus Park



Recar Virtual Pier



Captain Cooks Monument



Tees Barrage

Activity 5

Simon says.....

- Point to the sky
- Shout out what you had for breakfast
- Grab a stone or small rock
- Grab a twig
- Run to the closet tree
- Grab a leaf
- Laugh out loud
- Hop 10 times
- Make a bird noise
- Sing head shoulders knees and toes



Activity 6

Top Banana word association game

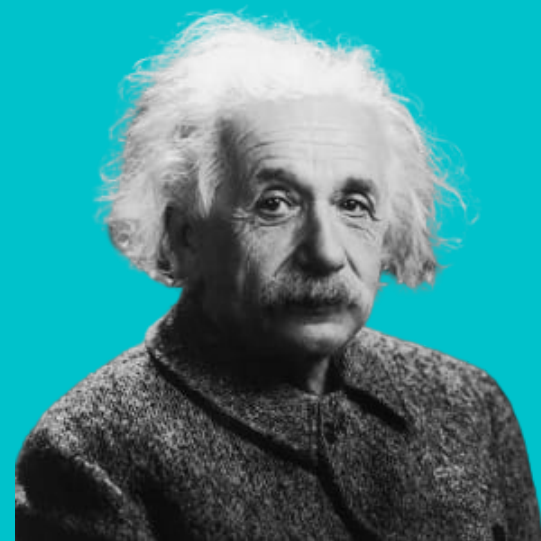
- Emotional well **BEING**
- Make time for **yourSELF**
- If your happy and you know it clap your **HANDS**
 - Mind **overMATTER**
 - Mindfulness **MINDFULNESS**
 - Tomorrow is a new **DAY**
- Go with the **FLOW**
- Patience is a **VIRTUE**
- Take one step at a **TIME**
- Every cloud has a **SILVER LINING**
- Rome wasn't built in a **DAY**
- Don't worry be **HAPPY**
- Take a leaf out of **YOUR BOOK**
- You are what you **EAT**

Checkpoint 7

Who said that like?

Albert Einstein

- Strive not to be a success, but rather to be of value



Mohandas Gandhi

- When something is important enough, you do it even if the odds are not in your favour



Bruce Lee



- Be Kind whenever possible. It is always possible

Elon Musk



- Empty your mind, be formless, shapeless, like water

Dalai Lama



- Be the Change you want to see in the World

Activity 8

Who's who in here?



James Arthur
Singer song writer
SANE Ambassador

Royal Highness,
the Duchess of Cambridge
Royal Patron
Action for children

Katie Thistleton
CBBC and BBC Radio 1's Life Hacks
PLace2Be Ambassador

Dr Alex George
UK Youth
Mental Health
Ambassador

Stephen Fry
Mind Charity
leading ambassador
President

Daniel Howell
YouTuber/Radio 1 DJ
Young Minds
Ambassador

Activity 9

Fill the blanks

Being outside encourages your imagination to run wild.

Studies show that the brain develops much **FASTER**

Being active outside will increase the **FLOW** of blood to

your brain. Which will deliver things like **OXYGEN** and

GLUCOSE

Regular physical activity does things like **RELAX** you,

give you more **ENERGY** and help you **SLEEP** better.

Being active also releases those happy brain chemicals

such as **SEROTONIN** and **DOPAMINE**

You will be able to top up on your **VITAMIN D** that helps

keep your bones, **TEETH** and muscles healthy.

Glucose

Vitamin D

Faster

Serotonin

Oxygen

Relax

Teeth

Dopamine

Energy

Sleep

Flow

Activity 10

Quiz for food

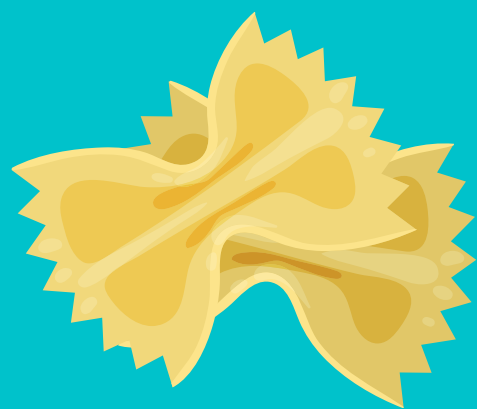
- Improving your diet may help to:

- A) Improve your mood
- B) Give you more energy
- C) Help you think more clearly



- If your blood sugar drops, you might feel:

- A) Calm & collected
- B) Tired & irritable
- C) Elated & Energised

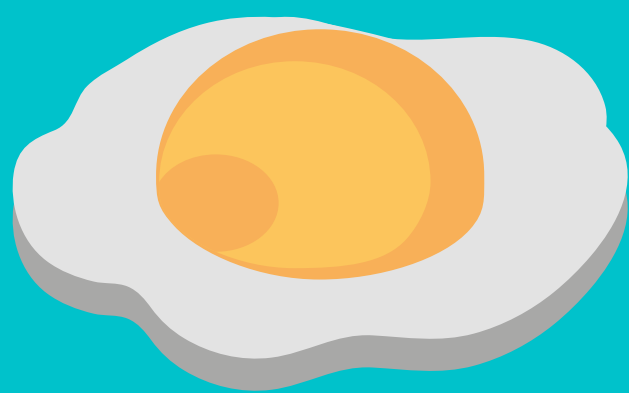


- Protein can help you regulate your thoughts & feelings

True or False?

- How much water should you drink a day?

- A) 1 Glass
- B) 6-8 glasses
- C) 4 Glasses



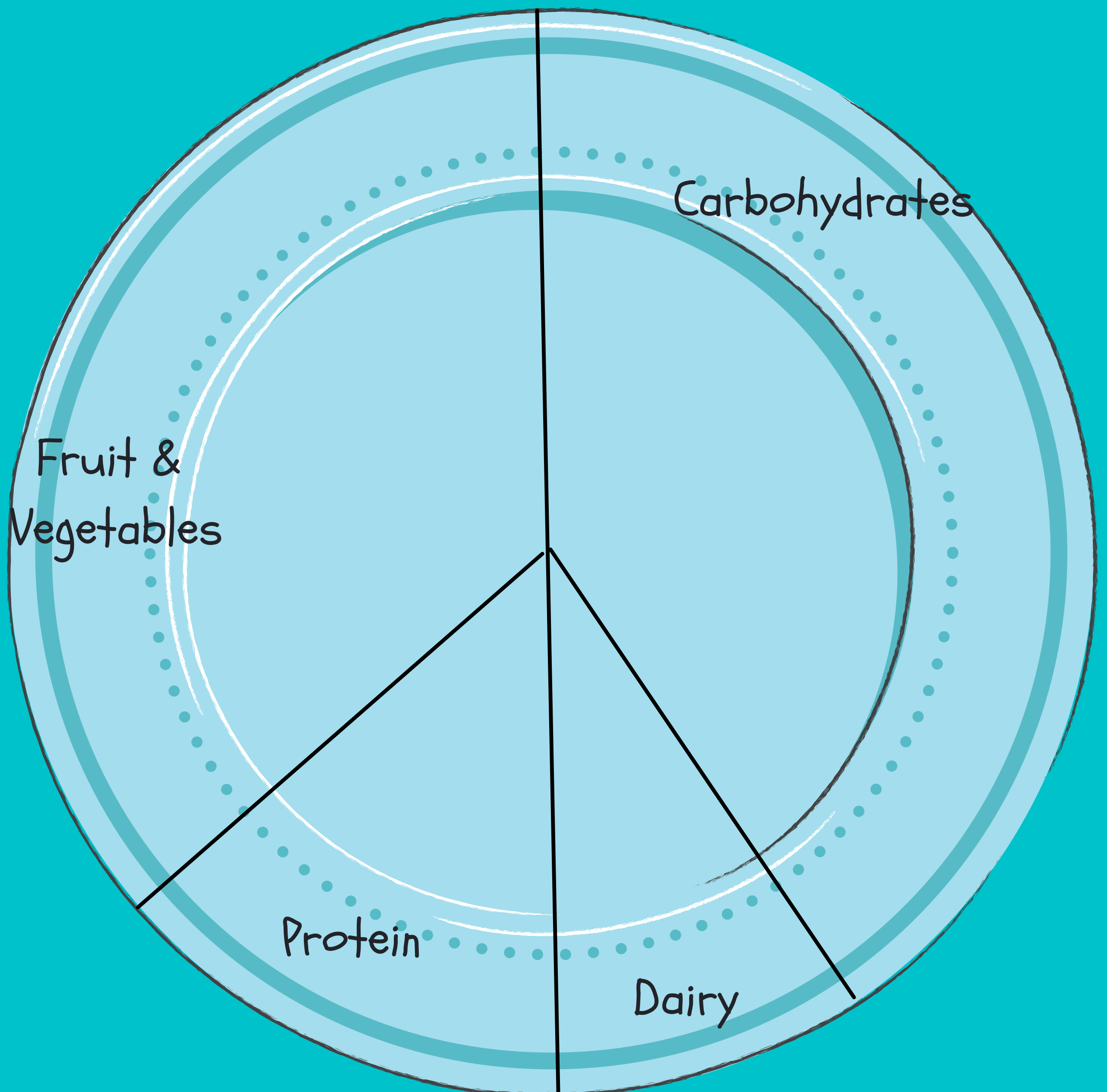
- Fatty foods are bad for you

True or False?

Activity 11

You are what you eat

List foods that you enjoy to eat onto your plate



Activity 12

List positive words that describe you

i.e Caring, thoughtful, happy

●

●

●

●

●

●



be
yourself

Activity 13

Find the feelings

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| W | N | D | S | Z | U | A | P | Y | B |
| O | A | R | C | A | R | U | R | E | H |
| S | I | R | A | I | M | G | X | N | D |
| V | G | B | R | P | N | C | N | G | N |
| O | D | Z | E | A | I | C | B | E | T |
| T | A | Y | D | T | D | N | U | T | X |
| Z | Q | L | E | I | J | E | T | Z | O |
| K | D | D | S | U | O | V | R | E | N |
| L | H | A | P | P | Y | Q | J | O | M |
| P | R | O | U | D | Z | F | R | F | B |

Happy

Proud

Scared

Bored

Angry

Nervous

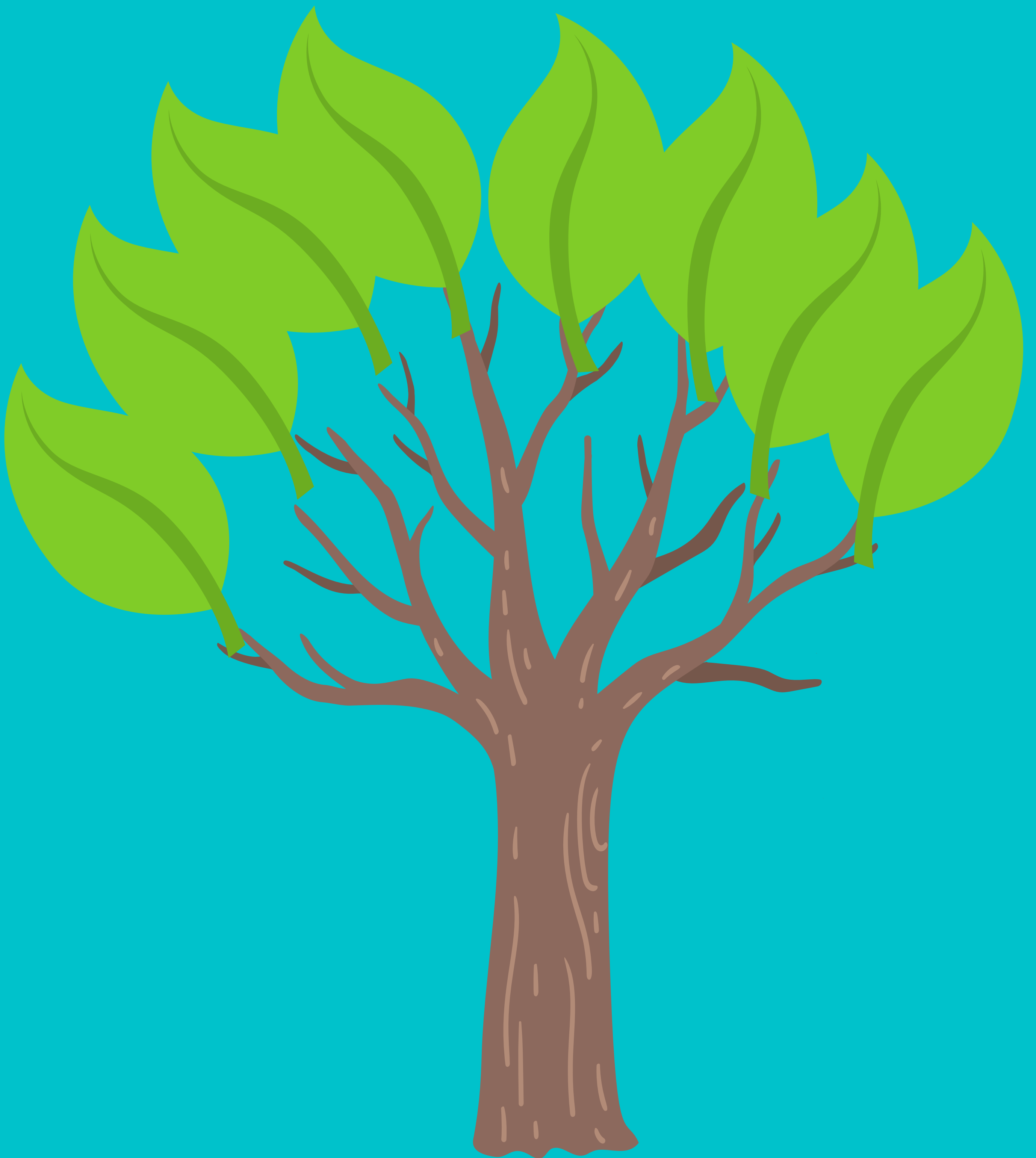
Sad

Excited

Activity 14

Gratitude Tree

Write things you are grateful
for on the leaves



Your week

List three places
you have been to
outdoors

- _____
- _____
- _____



List three things
you learnt

- _____
- _____
- _____

How many steps
did you do?

How much
distance did you
cover?