

# Connect with Nature

## activity pack



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.

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

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



# Activity 3

## Emotions

pay ph



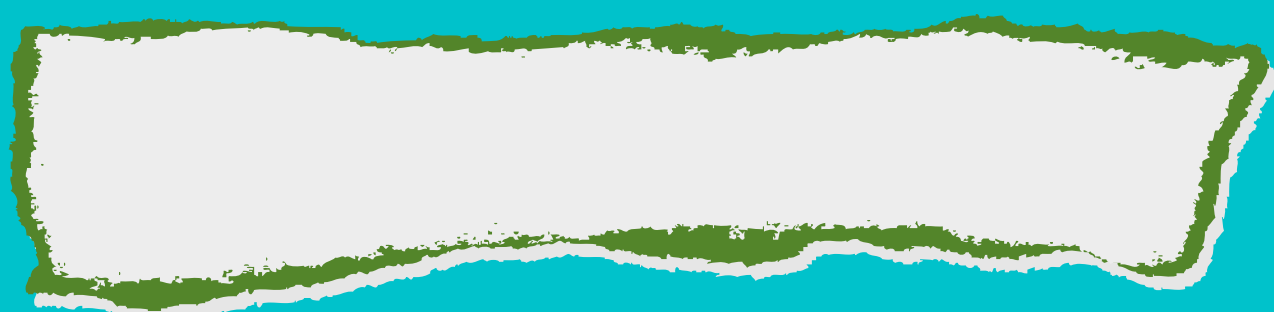
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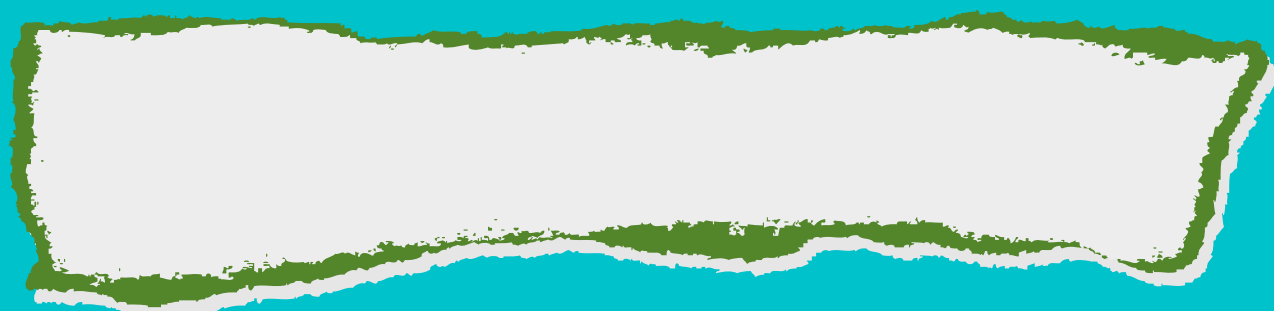
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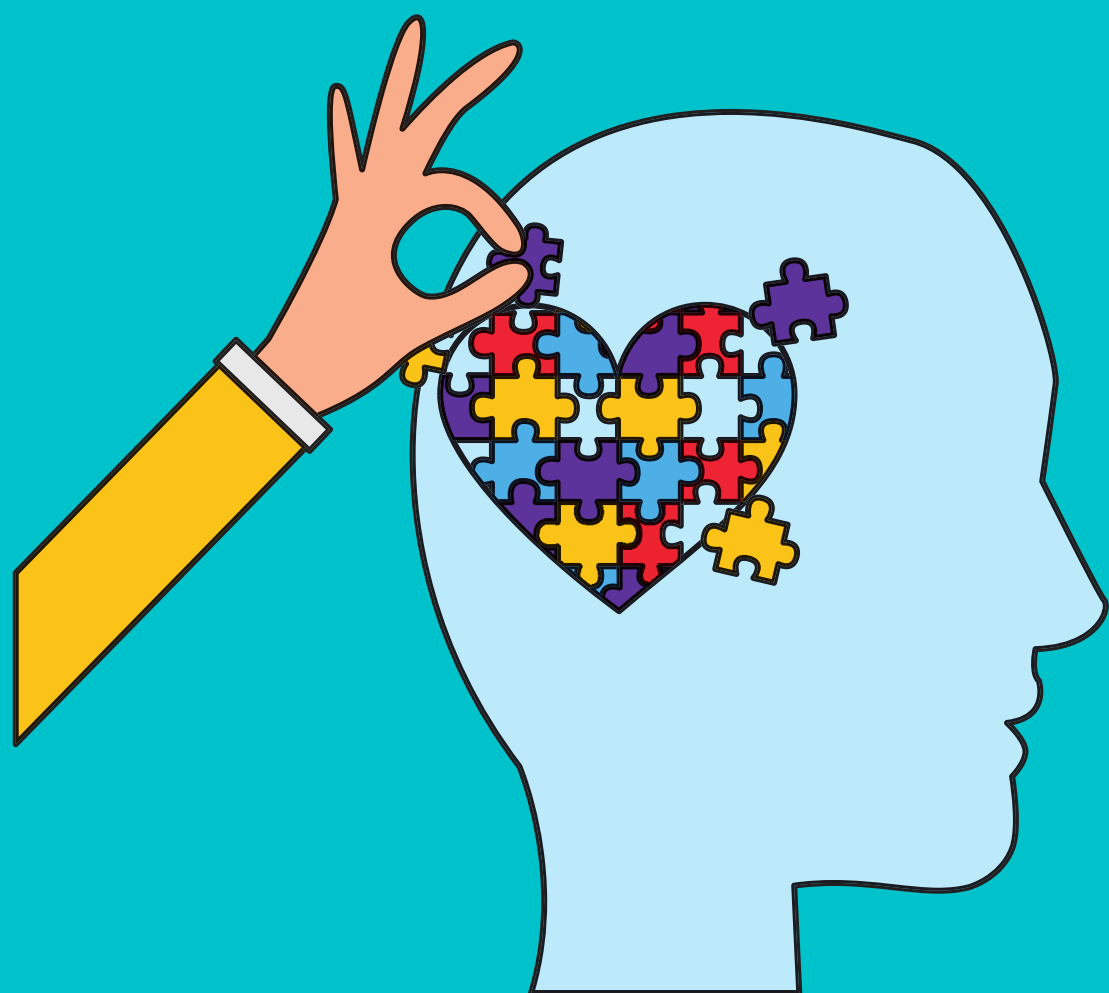
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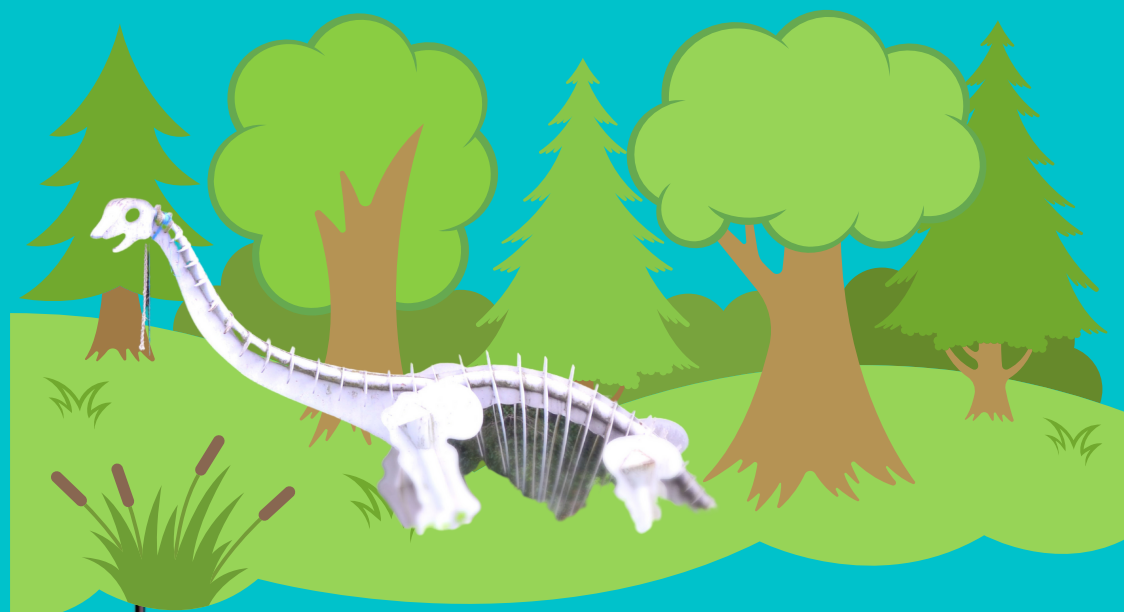




# Activity 4



Where am I?





# 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 [redacted]
- Make time for [redacted]
- If your happy and you know it clap your [redacted]
- Mind over [redacted]
- Tomorrow is a new [redacted]
- Mindfu [redacted]
- Go with the [redacted]
- Patience is a [redacted]
- Every cloud has a [redacted]
- Take one step at a [redacted]
- Don't worry be [redacted]
- Rome wasn't built in a [redacted]
- You are what you [redacted]
- Take a leaf out of [redacted]

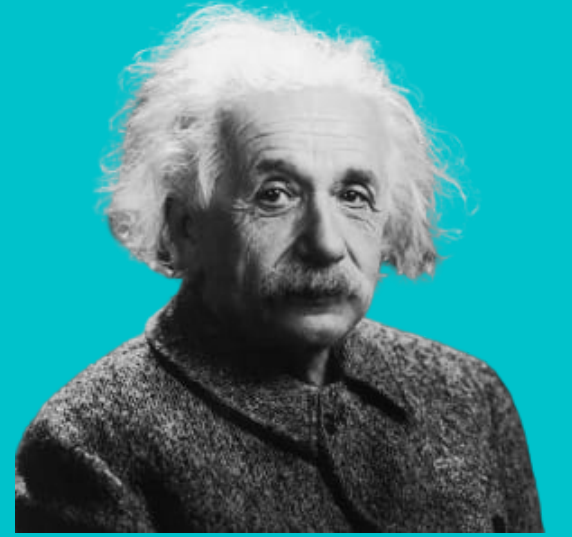


# Activity 7

Who said that like?

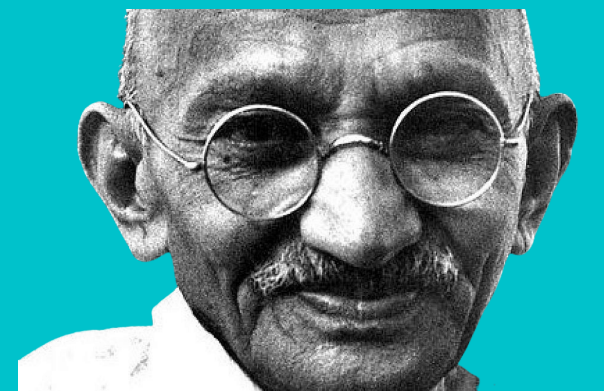
Albert Einstein

– 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

Being active outside will increase the of blood to your brain. Which will deliver things like and

Regular physical activity does things like you, give you more and help you better.

Being active also releases those happy brain chemicals such as and

You will be able to top up on your that helps keep

Glucose Vitamin D  
Faster Serotonin  
Oxygen Relax Teeth Dopamine  
Energy Sleep Flow

# Activity 10

## Quiz for food

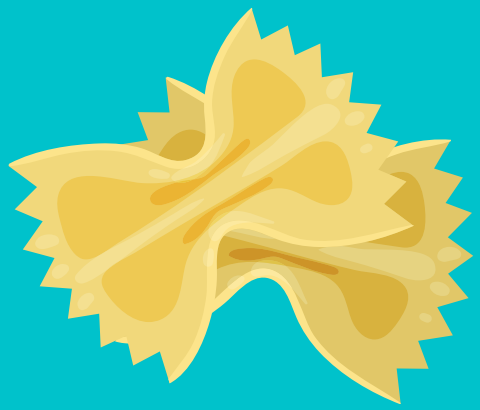
- Improving your diet may help to:

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



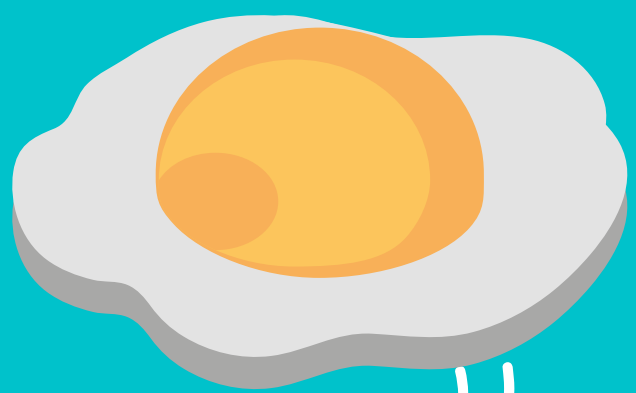
- If your blood sugar drops, you might feel:

- 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

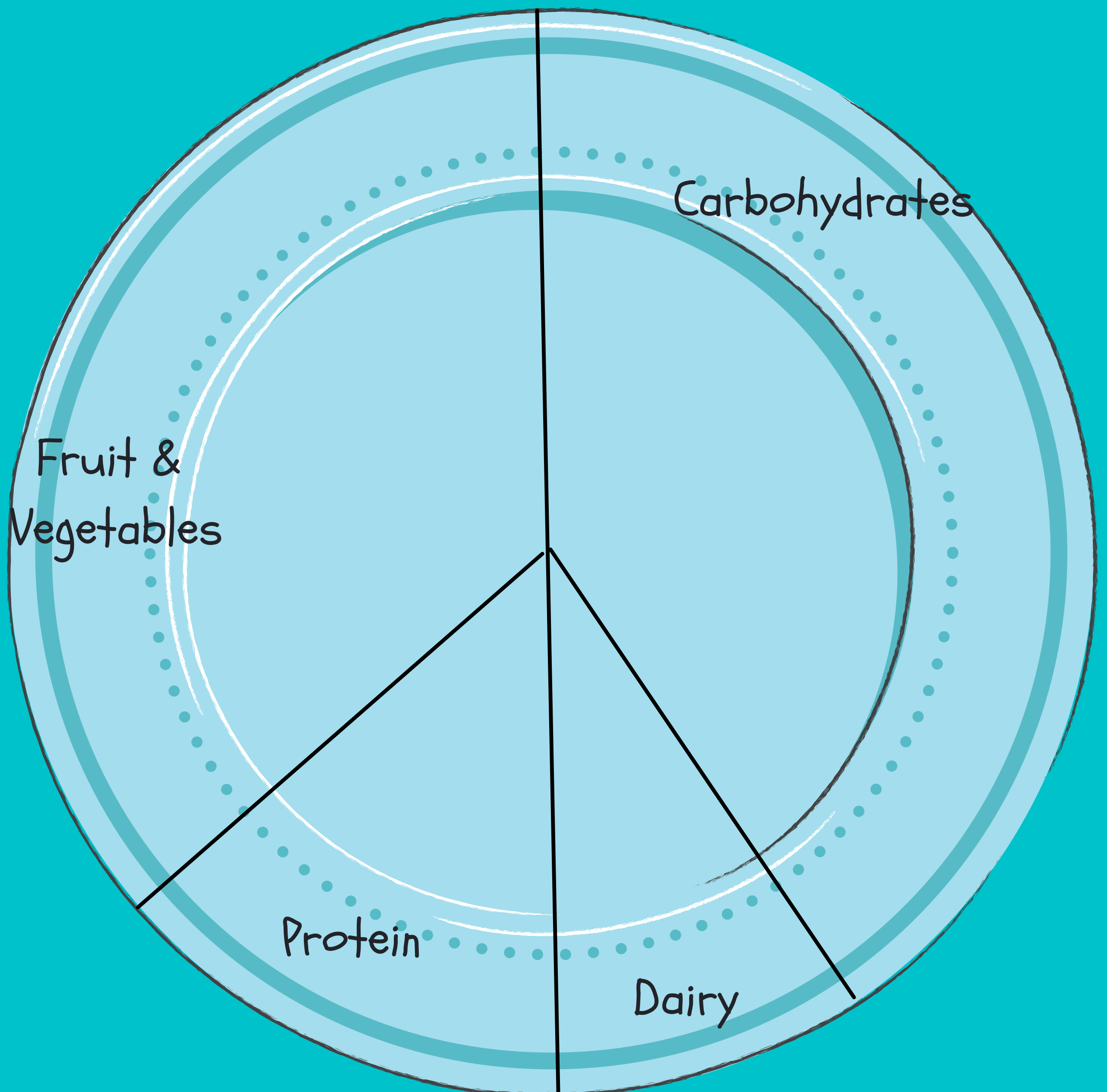
True or False?



# 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

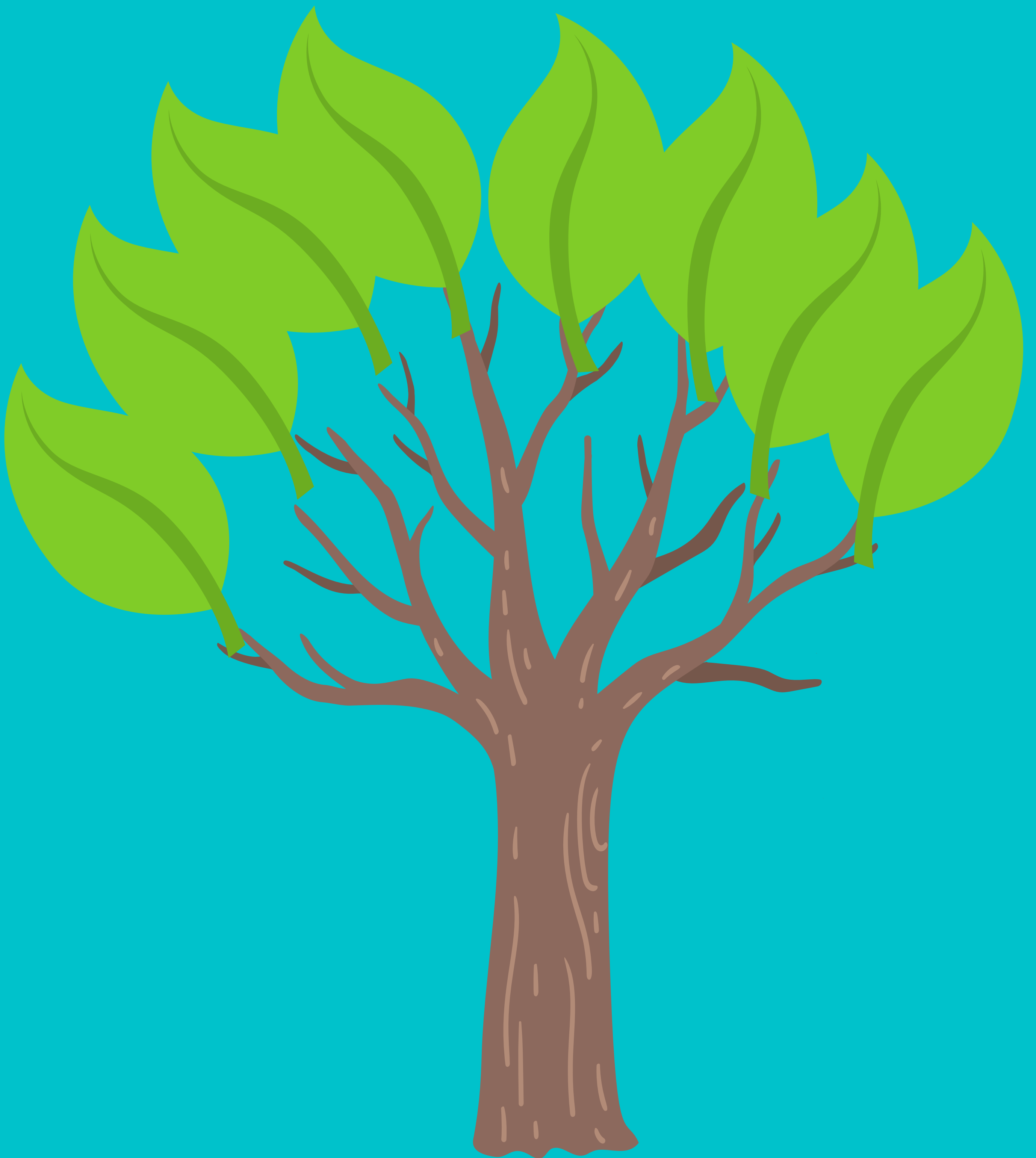
Sad

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?

\_\_\_\_\_