

Give your wellbeing a boost by noticing nature on a daily walk



Listen to natural sounds, things like, bird call, wind, rustling of leaves, running water.



Observe natural things, like birds, flowers, and trees. Notice their intricacies, patterns, and markings.



Feel the natural world, notice things like the wind, or heat from the sun. Touch plants and trees notice their texture.

#WalkingWithNature