TWENTY IDEAS FOR RECONNECTING WITH NATURE

“View nature as an antidote to stress”* - Louv

“There is growing...empirical evidence to show that exposure to nature brings substantial mental health benefits” – **Louv, p. 58

1) Step away from a stressful situation and take in fresh air/sunlight for even 5 minutes

2) Open a window

3) Watch the clouds slowly move across the sky

4) Take a short walk around your building or your block

5) Learn about your local community garden

6) Step outside the gym – do your work out outside

7) “Revive old traditions” – What did you enjoy doing in nature when you were a child?

8) Get one plant and nurture it

9) Go camping

10) Listen for birds – especially in the morning

11) Play basketball (or engage in any sport), study or read a book outside

12) Walk barefooted in the grass

13) Go on a trip through the Adventure Center in the Recreation and Wellness Center

14) Take a moment to follow the path of a butterfly, bird, squirrel, bee, etc.

15) Learn the names of nearby plants, trees or flowers

16) Ask a friend to go for a walk

17) Have an impromptu outdoor picnic by just eating a meal or snack outside

18) Go for a bike ride

19) Stargaze or study the constellations

20) Take pictures of scenes in nature so you can reconnect with your nature experience anytime

Activity: Challenge yourself to spend 30 minutes in nature, alone, and write or sketch some observations

Adapted from **“Resource Guide Supplement to Last Child in the Woods” @ richardlouv.com and **The Nature Principle (2012)