

# Nature Activity

## Getting outdoors is easy and fun

It's ironic that 98% of Canadians feel that being outdoors enhances well-being, both mental and physical, and yet almost 30% of us spend less than five minutes outdoors each day.

If we know that spending time outdoors reduces stress and tension, decreases your heart rate and increases creativity – why don't we spend more time outdoors?

The main reasons (or shall we say excuses?) include weather, bugs, or no WI-FI to connect to. Many people admit they wouldn't even know what to do when they got outside. We know we can't change the weather, but we can help you find something fun and simple to do to get outside and enjoy a little bit of nature – that's why we've created a nature exploration activity that can be done anytime, anywhere.

### 8 Minute Nature Exploration

Grab a pencil and this magazine, and find a place outside to spend the next 8 minutes doing the following "Nature Exploration".



What do you see? Write down as many things in nature as you can in 2 minutes here:

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Focus your attention to your ears and listen to the sounds around you. Write down as many nature sounds as you can in 2 minutes here:

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Stay still and think about the sensations you feel on your body. Do you feel the warmth of the sun on your face? Or the wind on your arms? Write down what you're feeling in 2 minutes here:

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Now turn your attention to your nose and what you smell. Write down as many smells as you can in 2 minutes here:

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Now that you've completed your Nature Exploration, how do you feel? Were you able to focus on your senses, away from your thoughts, and enjoy your surroundings?

Write to us and let us know. Send an email to: [info@LSRCA.on.ca](mailto:info@LSRCA.on.ca). We'd love to hear what you thought about this short nature exploration.

