



### A NICE BRACING CUP OF TEA

During the hussle and bustle of the festive season, why not take your cup of tea outside? If you've got a garden or even a doorstep to sit on, you can warm your fingers while you listen to the birds. If you have a flask then take your tea with you and have a cuppa with a view.



### TWELVE DIFFERENT PARKS

There are loads of parks in Lanarkshire. We're lucky to have so many greenspaces that are open for us all to enjoy. Why not set yourself a challenge over the next year and see if you can visit a different park every month? Let us know which park you'll be visiting this January.



### ELEVEN PUDDLES JUMPED IN

Did you know that there is a World Puddle Jumping Championship held every year in Northamptonshire? There's more than enough rain at this time of year to give this one a go in Scotland. Don't let the kids have all the fun though! Pull on your wellies and jump in!



### TEN GEESE HONKING

Winter is a perfect time to catch up with visitors from abroad. Geese arrive in Scotland from Greenland, Svalbard and Iceland from autumn onwards. If you're lucky, when you hear their honking and look up to the sky you can see them flying in their distinctive V formation.

Regular walking is good for your mental & physical health. Get outside for even a short walk during daylight hours during winter – it can help you sleep at night. If you are walking after dark, why not take a tour of the local festive lights?



### TWO BRISK WALKS



### DAYS OF NATURE

**Celebrate nature with us this winter, follow along for the 12 days, and let us know how you get on via our website or on social media.**

[www.getoutdoorslanarkshire.com](http://www.getoutdoorslanarkshire.com)

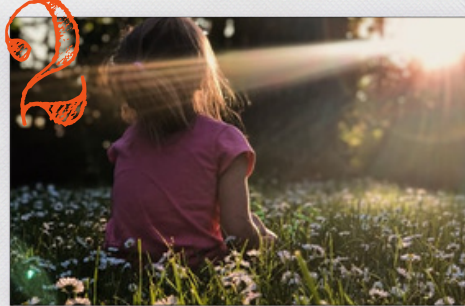
Making more use of Scotland's outdoors as Our Natural Health Service



Having plants in our houses has been shown to improve our mental and physical wellbeing. You might be surprised to find that there are things in your fridge that you are able to grow. Plant the seeds from a tomato, a pepper, a chili, an apple or a lemon. Or try to sprout carrot tops, spring onions or celery.



### NINE SEEDS SPROUTED



### THREE MINDFUL MINUTES

You don't have to meditate for hours for it to be beneficial. Even setting aside 3 minutes a day will help you stay calm in stressful situations. It can really help to focus on the natural sounds around you. Try and spend a few minutes sitting quietly listening.

Clouds are formed of tiny water droplets and ice crystals, light enough to stay in the air. There are 4 main types of cloud: cirrus, cumulus, stratus and nimbus. Why not take an alternative look at the skies? What can you see? A dinosaur, a tree or maybe even a face?



### FOUR CLOUDS SPOTTED

In winter, birds need high energy food which means they appreciate it when we leave fat balls out for them. Buy them or make your own mixing together bird seed and melted fat. Don't forget to also leave them some water, but be sure to check it's not frozen when the temperature drops.



### FIVE FAT BALLS

Sometimes we forget that even in towns we're surrounded by other creatures enjoying our gardens and parks. If it's particularly muddy or snowy you might be able to identify who has been visiting by the footprints they leave behind.

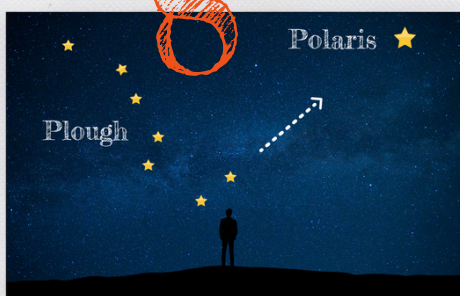


### SIX SETS OF PAWPRINTS

Seeing a rainbow is always cheering, but you have to have exactly the right conditions. Why not look for each of the seven colours of the rainbow in nature? You could take photos and turn them into a rainbow collage.



### SEVEN RAINBOW COLOURS



### EIGHT STARS TWINKLING

There are millions of stars in the night sky, but how about trying to find just one, Polaris, the north star? You can do this by identifying the seven stars of the Plough and then following the two end stars across the sky to the north star. Now you'll always know which direction is north.