

The Green Elf Code

When you're out and about...

Stop.

Look.

Listen.



www.getoutdoorslanarkshire.com

The Green Elf Code, is an easy way to get some Green Health into your life, with prompts to slow down and use your senses. Find out more about green health on our website.



A great way of putting the Green Elf Code into action is to try to remember 3 Good Things that you notice in nature every day. Write them down, share what you notice with your family or your friends - or with us via our social media.