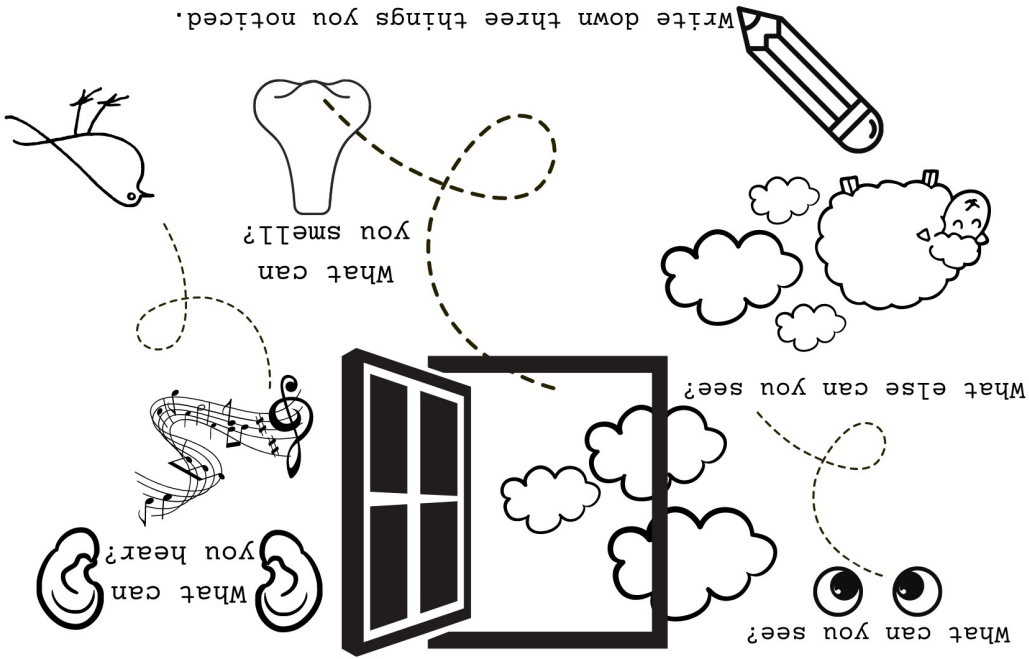


Write down three things you noticed.



What can you smell?

What else can you see?

What can you see?

What can you hear?

Open a window

Take a walk

Or if you have some chalk you could write it on the pavement and share it with others.

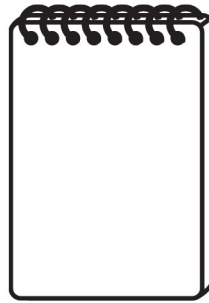
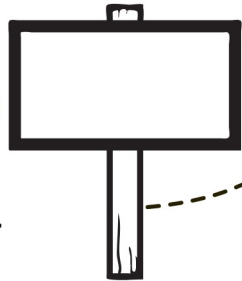
Draw your plant here.

What can you see?

Write it here.

Give it a magical name.

Look for a plant you don't recognise.



Connect to a tree

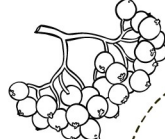
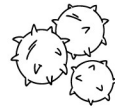
Does it matter?

Do you know what kind of tree it is?

Choose a tree you pass regularly.

Spend time with it.

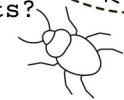
You may want to sit underneath its branches.



Visit through the seasons.



Who else visits?



3 practices to help you get connected



Connecting with nature can help with mental and physical health, improving both sleep and cardiovascular health. It's good for the planet too. We want to help you notice more nature and get more connected leading to a happier planet and a happier you. Check out our website www.getoutdoorslanarkshire.com or follow us on social media.