



Nature offers us a way of feeling connected, to other people and the natural world. Use all your senses to connect with nature. Bring some winter greenery indoors so you can connect inside too.

Be aware of the world around you, noticing nature and how it makes you feel is the key to developing a closer relationship with nature.

Winter is a great time to spot new things happening in nature - bulbs and buds emerging.



Give



Do something for nature. In winter birds appreciate our help. Leave them some food or even just ensure they have a supply of fresh unfrozen water.

Take time to walk in nature when you can, and be aware of the nature that is always around you. Research shows that activity in natural environments also brings greater benefits than exercise elsewhere.



Rediscover a childlike wonder for nature, we are part of the wider natural world and nature is important for human health. Reading books about nature is a great way to feel connected.



Building these 5 actions into your life can help your wellbeing - doing them with nature makes them even better - even in Winter!

connect

Keep an eye out for new shoots

Listen for owls at dawn and dusk

Bring some winter greenery indoors

Add some cinnamon to your hot chocolate

Stay indoors and read about nature

Watch nature programmes

Learn

Try and identify winter trees from their shapes

Pick up some litter

Wrap up warm and visit the park

Have a snowball fight

Be active

Sit and watch the birds

Spot the first buds appearing

Look for colours even on a grey day

Take Notice

Search for the first snowdrop

Volunteer in a local community garden

Give

Feed the birds

Plant some bulbs ready for Spring