



5 Ways to Wellbeing in Nature (indoors)

Studies show that we can get some of the benefits from being in nature, even when we're indoors. Take a look at these ideas for bringing the outdoors inside.



Connect

- Watch a TV programme about Nature with your family.
- Contact a friend or relative who enjoys nature and ask them what it is they enjoy, listen and then ask more questions.



Learn

Look at one of these websites and learn about something new:

- www.surreywildlifetrust.org (Wildlife and activities)
- www.rhs.org.uk (All types of gardening)
- www.rspb.org.uk (Birds and wildlife)



Be Active

- Plan a special day out to be active in nature.
- Walk or run on the spot whilst watching a nature based Youtube clip.



Notice

- Look out of a window for 5 minutes, What nature can you see?.
- On Youtube, search for nature clips (eg water, trees and wildlife).
- BBC Iplayer has a series of 3 minute clips called Mindful Escapes .



Give

- Draw a nature picture and give it to a friend
- Research into joining a local garden group or a nature campaign
- Grow and take care of some house plants, herbs or superfood micro greens.