



Bring Nature Indoors



Here are just a few ideas.

- Grow plants (some need very little care)
- Collect things from outdoors and display indoors
- Keep magazines with nature photos
- Sit near a window, or take a break to look out of a window



- Use a Nature photo as a screen saver
- Find your favourite Youtube clips with views of nature and calming music.



Keep the sound track in the background and take breaks to watch them.