

Five Ways to Wellbeing in Nature (indoors)

Studies have shown benefits from being in nature, even when we are 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

- Plant seeds such as salad leaves or herbs in a window box or plant pot.
- Research some facts about animals and their natural habitats.
- Look out of the window for five minutes; What birds can you see?



Be Active

- Plan a special day to be active in nature.
- Walk or run on the spot whilst watching a nature based YouTube clip.
- Do some yoga while listening to natural sounds. You could use recordings or apps that play birdsong, ocean waves or rainfall.



Notice

- Look out of the window at the sky; what shapes can you see in the clouds.
- On YouTube, search for nature clips eg. water, trees, wildlife.
- BBC Four website have produced a series of short films combining nature and relaxation titled 'Mindful Escapes'



Give

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

