

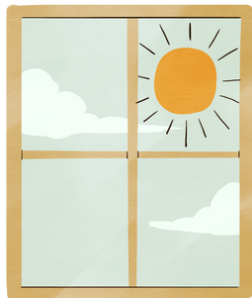
Take a moment together indoors

Take a moment to all pause and look out of your nearest window. Take a deep breath together and look up at the sky.

Discuss what you notice and how it makes you feel.

Take one more deep breath together and imagine breathing in the expanse of the sky. Imagine the oxygen energising your body.

End your moment noticing how you feel after taking this time to refresh.



- Take notice
- Keep learning
- Be active
- Connect
- Give

- Senses
- Beauty
- Emotion
- Meaning
- Compassion



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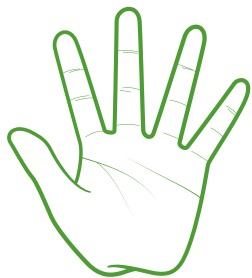
Take 5 together indoors

Spend a few moments looking at the branching patterns on the palm of your hand. Trace them with your finger tip. Think about where you might find similar patterns in nature.

Play a game together and see how many places you can all list. Make it harder by trying to think of something new with each go.

You may wish to use a washable pen and mark some of the creases on your palm that make a simple pattern, then next time you are outdoors see if you can find the same pattern in the nature around you.

Remember that we are part of nature too.



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Take 10 together indoors

Make a brew using fresh herbs or a herbal tea bag. Sit and notice the sensations as you take a sip. Feel the scented steam on your face, noticing the aroma of the tea and how it makes you feel. Enjoy the warmth of the cup in your hands. Take a sip and really notice the taste. Take a deep breath in and relax. Enjoy this time to slow down as you enjoy a tea break together.

Why not try some different flavours and notice which you enjoy most and why? Do different flavours make you feel any different? Perhaps some are energising, while others are more relaxing?

Get the kettle on and enjoy.



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Take 30 together indoors

Spend some time creating a mini windowsill garden together. Sow your own seeds or use established plants. Herbs and salad leaves are an excellent choice as you can enjoy harvesting and using them later on.

Can you get creative by reusing old containers? How about adding some extra decorations to the garden, like painted stones or small ornaments?

Keep a small watering can or bottle nearby so that everybody can take a few mindful moments to help water and look after the plants.

Watch your plants grow and enjoy!



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Take longer together indoors

Biophilic design involves creating indoor spaces that are inspired by nature. Natural elements help us to feel good in the space, and increase our levels of wellbeing.

Look at ways to bring nature in to your own indoor spaces. This could be a small project, such as each bringing a small natural treasure to display in a nature area, or a larger project redesigning a space.

Can you find ways to introduce natural materials such as wood, display pictures and photographs of nature, or add plants to your space?

Work together to find creative ways to bring nature to you indoors.



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Take a digital moment

Each find a digital image of nature. A photograph you have taken yourself would be ideal. Alternatively, find an image you like online.

Set your chosen image as the backdrop on your digital devices. Every time you look at the homepage you can enjoy a little moment of nature connection.

If you are using an image of a place in nature that you know well, each time you see it, take a moment to enjoy thoughts about the place and allow yourself a little smile. Share your memories with those around you and ask about their favourite places in nature.



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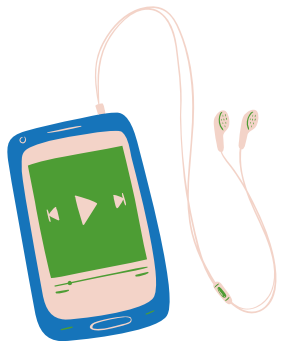
Take 5: digital

Find a nature based sound track to listen to for a few minutes. How about enjoying the sound of birdsong? Or discover some ambient music created by those inspired by nature.

Take a few minutes to fully immerse yourself in your chosen sounds. Notice how the different sounds make you feel.

If you feel comfortable, close your eyes to give them a rest from looking at your screen.

Breath deeply and relax.



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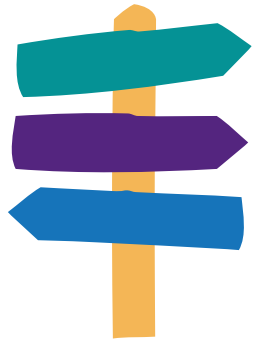
Take 10: digital

Take a break and explore one of our reserves!

Our digital Wildscapes for Wellbeing allow you to watch nature footage filmed at our reserves, take a tour or explore yourself through 360 footage.

Take some time to explore and notice what you feel drawn to and why? Enjoy a mini adventure right from your screen!

derbyshirewildlifetrust.org.uk/wildscapes-for-wellbeing



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Take 30: digital

If you have a little more time available, delve deeper into our online wellbeing resources.

Our wellbeing pages will help you to learn more about the theory behind wild wellbeing, inspire you with stories from those it is already helping, and provide you with fantastic activity ideas and downloadable wellbeing resources to support you on your own wild wellbeing journey.

With a selection of videos, webinars, downloads, audio and blogs, dive into some wild wellbeing anytime at

[derbyshirewildlifetrust.org.uk/
wild-wellbeing](https://derbyshirewildlifetrust.org.uk/wild-wellbeing)



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Take longer: digital

Search for a nature app that ignites your curiosity. It could be an app to help you plan a new walking route, an app to help you ID flowers, trees or bird song, or perhaps a video app to help you record your nature journey. There are lots of fantastic free options out there.

Choose and download your app, step outside and play! Explore the different features of your app and see if it makes you engage with nature in a new way. What have you noticed that you didn't notice before? Can you learn anything new?

If there is a group of you, why not each try a different app to learn as much as possible about the nature around you? Have fun exploring with curiosity!



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Take a moment together outdoors

Pause for a moment outdoors and see if you can find a natural texture to explore with your fingertips. Be careful to avoid any prickles or stings. Take a deep breath and slowly move your fingertips over the texture. How would you describe the feel in one word?

Play a game in the group and see if everyone can find a different texture. How many can you find together? Take it in turns to feel each texture and notice the differences.

Imagine shrinking down to microscopic level and finding yourself in the landscape of the texture you are exploring.

What would it be like?



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Take 5 together outdoors

Spend a few moments looking around and let yourself be drawn to something in nature.

Consider what you like about what you are looking at. Why do you feel drawn to it?

Look around again and let yourself be drawn to something else. Move towards it if you are able to. Again, consider what you like about it.

Share your thoughts with the rest of the group. Take it in turns to give each other a little tour of what you have noticed.

Repeat this activity as time allows. Try it in different environments. It is amazing what you can notice even in urban spaces.



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Take 10 together outdoors

Each find a quiet, comfortable spot outdoors where you can be still for a little while. Take a deep breath in, and as you breath out relax your shoulders and notice how the ground feels beneath you.

When you feel comfortable, move your attention to each of your five senses in turn. First notice what you can see, hear, and smell. Switch to breathing through your mouth and notice how the air tastes. Finally move your attention down in to your fingertips and feet to engage your sense of touch.

Begin to slowly move around, exploring textures and noticing how your body feels as it moves. Moving slowly and mindfully helps our minds to slow down and allows our attention to move to the present moment.

Enjoy exploring nature for a while with all of your senses switched on.

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Take 30 together outdoors

Often when we move around outdoors we take a planned route, or have a destination to aim for, but today have fun exploring and move around a greenspace with curiosity. Let yourself go and look at something that catches your eye. Go and see where a path leads to. Have a look what is around the next corner.

You could each explore on your own and agree to come back together at a meeting point, or each take it in turns to lead the walk and share with the group what you are curious about. This is a great activity to experience even the most familiar spaces in a brand new way.



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Take longer together outdoors

Plan to set aside a block of time to spend together outdoors in nature. It could be a couple of hours or a whole day. Divide the time equally, and allocate a slot to each person in the group. During their slot, each person can share their choice of activity.

Each activity should be based around enjoying nature. They can be simple such as sharing a picnic together, making some natural art, enjoying a quiet sit spot or helping nature in some way.

Gather everyone's ideas together to create a programme for the day. You now have a mini festival of nature to enjoy together!



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Take a moment for a daily dose of nature

Stretch and reach up as far as you can, and imagine reaching out your fingertips to catch the sunlight, just as trees stretch out their leaves.

Sway back and forth a little and imagine you are being moved by the breeze. Plant your feet on the ground and imagine roots growing downwards into the earth, helping you to feel strong and stable.

Think about breathing in the sunlight and feel it energise you, just as a tree would feel.

Take a moment to stretch like this whenever you need.



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Take 5 for a daily dose of nature

Take a few minutes to pause, relax any tension in your body and look out of your nearest window or step outside from your nearest door. Notice if you can see any nature? Perhaps a tree or plant? Or clouds moving across the sky? Let your gaze wander and observe the nature near you.

Allow yourself to daydream about what that nature is experiencing right in this moment. What would the weather feel like? How would your surrounds appear to you? Let your imagination wander.

Spend a few moments enjoying your new perspective of nature.



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Take 10 for a daily dose of nature

Consider how your choices today impact upon the environment. Can you make any different decisions in your daily life today that could reduce your impact on our planet?

Perhaps you could choose less packaging when you're shopping, hang your washing outdoors to dry instead of using the tumble drier or choose to cook a meal using locally sourced ingredients.

Every little decision helps to make a difference. Together we can take small steps that lead to huge impacts.

What small choice could you make today?



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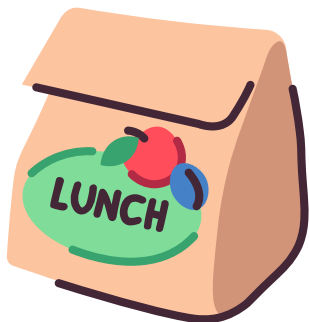


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Take 30 for a daily dose of nature

Super charge your lunch time by enjoying a packed lunch outside. Warming soup or a thermos of hot tea will keep you cosy on cool days. Take something to sit on to remain clean and dry, and find a comfy spot to relax. You can even enjoy being out in the rain if you can find a sheltered area under a tree or manmade structure.

Eat slowly and take time to really notice what you are eating and how it tastes. Notice the soundtrack of nature accompanying you. Enjoying your lunch out in nature will help to nourish your mental wellbeing as well as your body, leaving you feeling refreshed ready to take on the rest of the day.



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Take longer for a daily dose of nature

When you are travelling to a location and have some time to spare, explore whether you can take a slower route through nature. Perhaps you could cycle to the shops instead of hopping in the car, or get off the bus a couple of stops early and walk the rest of the way to your destination.

It's amazing how many natural gems you can find in your local area. Active travel through nature is a great way to explore!

Why not try out some of the other activities along your route too to help you enjoy your journey even more?

Pause to take in the scenery, or bring a picnic to make your journey extra special.



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