

# GO WILD FOR WELLBEING



**Walk barefoot  
on the grass**



**Smell the flowers**



**Spot shapes and  
colours in the sky**



**Write a nature  
inspired story**



**Listen to wildlife  
outdoors**



**Try Yoga outdoors**



**Do a litter pick**



**Go wildlife spotting**



**Move slowly**



**Play eye spy**



**Sit under a tree**



**Make wild art**



**Keep a nature diary**



**Discover textures**



**Breathe and relax**

**Try These Activities In Your Park Or  
Garden To Help Improve Your Wellbeing**