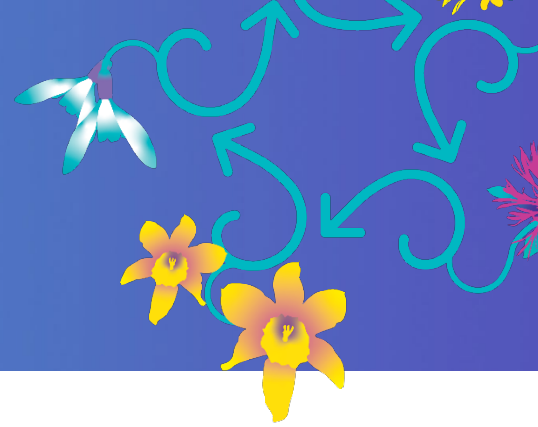


Nature Connection

Journaling Activity Sheet



Spending time in nature is a wonderful way to boost your wellbeing. This activity sheet will guide you through a journaling exercise to help you take notice of the natural world around you. Find a quiet spot outdoors or near a window where you can observe nature. Take a few deep breaths and allow yourself to relax and be present.

Remember: There are no right or wrong answers in this journaling exercise. The most important thing is to be present, open, and receptive to the wonders of the natural world.

Sensory Exploration (10 minutes)

Close your eyes and focus on your senses. Answer the following questions in your journal:

- **What do you hear?** (e.g., birdsong, rustling leaves, wind)
- **What do you smell?** (e.g., fresh grass, damp earth, blossoms)
- **What do you feel?** (e.g., the sun on your skin, the breeze on your face, the texture of bark)

- **What do you see?** (e.g., colours, shapes, patterns, movement)

Reflective Journaling (15 minutes)

Choose one or two of the following prompts and write about them in your journal:

- Describe a specific element of nature that you find particularly beautiful or interesting. What draws you to it?
- How does being in nature make you feel? Describe your emotions and any physical sensations.
- Reflect on a memory you have of spending time in nature. What do you remember most vividly?

Gratitude and Intention (5 minutes)

Take a moment to express gratitude for the natural world and the experience you've had. Write down one thing you are grateful for. Then, set an intention for how you will continue to connect with nature in the days to come.

