



Families **TOGETHER** in Nature

4 Ways to Practice Self-Care in Nature

Nature is a wonderful resource for self-care. Research shows that mindfully connecting with nature produces a variety of health benefits. It promotes physical, mental and social well-being. Connecting with nature is proven to reduce stress and increase resiliency.



1 Earthing



Connect to the earth's energy. Sit, stand, lay or walk on grass, sand, dirt or plain concrete – barefoot!



2 Observe



Get outside and use all of your senses:

What are **5** things that you can see?

What are **4** things you can feel?

What are **3** things that you can hear?

What are **2** things you can smell?

What is **1** thing you can taste?

Or, if you can't get out, do the same but from a window or observe nature inside – a plant or a pet.

3 Bring nature inside



Add a low maintenance indoor plant or natural items such as pinecones or shells to your workspace or child's room.

4 Mini-Moves

Take a break during your day to go for a quick walk around the block or dance on your front porch.



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