

My Nature Moment

Write down your moments in nature in boxes provided. You can also write about your sensory observations, such as the weather or what you felt/smelled. See examples below:

Listening to birdsong
from the balcony, 10 min



Walk in the park, 30 min
A gentle breeze on my face



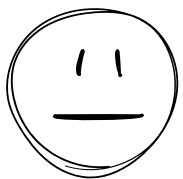
Nature gets you moving. Nature is an ideal place to be physically active. Green exercise often feels less exhausting, while also promoting mental well-being and recovery from the stresses of everyday life.

Find your own ways to enjoy nature.

Everyone's relationship with nature is unique and it is important to find a meaningful and enjoyable way to spend time and be physically active in nature.

Write down your nature moments, the time spend in nature and your feelings. Write what you did, how long you spent in nature and how you felt. You can describe your feelings using emojis like the examples below.

Remember: even small experiences in nature are meaningful!



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SYDÄNLIITTO
Varsinais-Suomi

SITRA

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