



IN OUR NATURE



Tuning In

Welcome to Tuning In

Spending time in nature can be healing and can help us feel relaxed, centred and balanced. With life becoming more fast paced, it's easy to close off our senses to the natural world and stop noticing its beauty. The smell of flowers, the buzzing of bees, the trickling of water, the feeling of grass on our feet, the fleeting touch of a snowflake, all of these things can help us bond with our environment and support health and wellbeing.

Tuning in can help us connect, notice our surroundings and take a moment out of our busy lives to learn to relax in nature. This is your invitation to discover nature, take in your surroundings and block out your minds busy chatter.

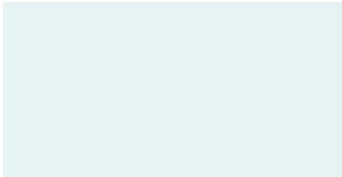




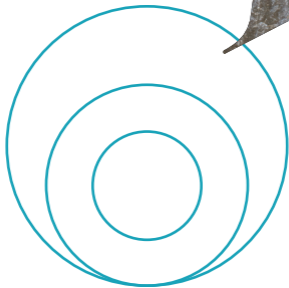
Find a place that isn't busy, as far away from buildings and roads as you are comfortable.


Stop for a short while. Notice if you can feel a breeze. Is it warm or cold? Where can you feel it? On your face, neck, hands, hair?

If you want to, make some notes in this booklet.



What sounds can you hear? In the space below, make a note of the sounds that are nearby and those that are further away. What is the quietest sound? What sounds loud? Do you hear any patterns or rhythms? Can you hear your own breath?






Take a moment to breathe through
your nose – what can you smell?

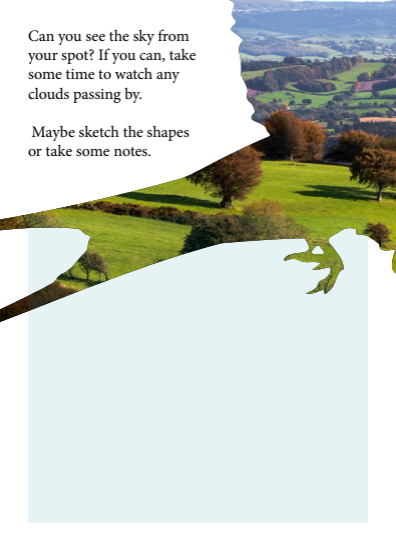
Move your head to the left – is
there any difference? Repeat
for the right.

Maybe try turning around to
face the opposite direction.



Can you see the sky from your spot? If you can, take some time to watch any clouds passing by.

Maybe sketch the shapes or take some notes.





On your way back, look out for tiny things that you can collect and put into this booklet as a reminder of your experience.



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