



## *"The Nature Way"*

If you're feeling a little out of sorts at the moment, you're not alone! A growing amount of research suggests spending time outside, in nature can increase our feelings of well-being and have a restorative effect on our minds.

### NATURE JOURNALLING

1. Grab a journal, or a camera, or just yourself.
2. Choose a special place in nature
3. Sit down for 5-10 minutes and take in your surroundings.
4. Draw, write and/or photograph what is happening in your special place.
5. We'd love to see what's happening in your special place so share by tagging us @boyneislandenvironmentaleducationcentre

*How to make a Nature Journal:*

[https://www.youtube.com/watch?v=4EnmiuKqBXI&feature=emb\\_logo](https://www.youtube.com/watch?v=4EnmiuKqBXI&feature=emb_logo)

