

Beyond nature as an intrinsic teacher, spending meaningful time in nature has both mental and physical health benefits for us all!

Below are just some ideas of how we can spend time in nature.

Don't forget! Imagination is everything! Even if you don't live in nature or have limited access, you can use your imagination to bring nature to you or make the most of the nature you have around you.



### BRIEF NATURE-BASED EXPERIENCES

Short and enjoyable excursions (of less than one day) into nature. Includes day hikes, forest bathing (forest trips for relaxation and pleasure), and wandering (unstructured exploration of the environment).



### NATURE MEDITATIONS

Purposefully relaxing in and observing nature, often focusing on present nature features.



### CARE FARMING

Stewardship and tending of animals, crops, and woodlands.



### ANIMAL THERAPY

Spending quality time with animals for relaxation.



### WILDERNESS THERAPY

Multi-day, skills-building group activities in remote outdoor settings (e.g. survival camping).



### NATURE CEREMONIES

Celebratory activities or rituals expressing gratitude to or cultivating closeness with nature, especially conducted outdoors (e.g. singing and drumming; tea circles; incense or candle-lighting; campfire chants).



### NATURE ARTS & CRAFTS

Creating arts and crafts outdoors, especially using natural materials (e.g. painting on leaves or rocks; jewelry-making with local shells; sculpting with collected twigs and clay).



### HORTICULTURAL THERAPY

Working with plants for relaxation (e.g. gardening; flower arranging).



### GREEN EXERCISE

Group exercises in nature (e.g. outdoor yoga). May also entail physical activities associated with conservation work (e.g. planting trees).



### ADVENTURE THERAPY

Strenuous outdoor group activities (e.g. rafting; climbing).

# NATURE ARTS AND CRAFTS IDEAS



## NATURE SPIRALS

Arrange stones, twigs or shells into a spiral. Do this on the ground or a stump, or glue it onto an upcycled cardboard or plastic backing for display.



## LEAF STAMPS

Cover leaves or mushroom caps in paint (or mud) and stamp them onto a piece of paper. Experiment with different leaves and colors.



## PAINTED NATURE

Paint stones, shells, or empty eggs using acrylics or watercolors, or pigment lighter objects with egg dye.



## NATURE IMPRINTS

Press leaves, stems, branches or other nature textures to create imprints in polymer clay (requires baking to set) or modeling clay (air dries).



## SUN CATCHERS

Design flower and leaf parts into patterns, such as mandalas. Press onto clear paper with an adhesive (such as wax or contact paper), and frame inside a mason jar ring or other firm circular structure. Tape to window or dangle from twine.



## WIND CHIMES

Paint five or more sticks, then use twine to hang them vertically from another (horizontal) stick. Alternatively, tie shells together along a string, and hang several strings from a stick.



## BARK ANIMALS

Use bark pieces as a backing and add other natural materials, such as seeds and pebbles, to make eyes, beaks, or other feature.



## PINECONE BOUQUETS

Paint a pinecone and mount it onto the end of a stick (use sticks of different lengths). Place the mounted cones into a vase (or the earth) to make a bouquet.



## LEAF BOOKMARKS

Trace a leaf onto a piece of thick paper, then cut out. Use paint and markers to style it, using nature patterns for inspiration.



## NATURE INK

Grind different local nature materials (such as berries, leaves, sediment, or soft rocks) to make inks and paints of different colors and textures.

Infographic courtesy of *Nature Spirit Walks*  
[naturespiritwalks.com](http://naturespiritwalks.com)

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[www.themagicbookseries.net](http://www.themagicbookseries.net)