

Engaging with Nature Connection Guide

In this Nature Connection Guide, you'll discover a range of accessible and engaging activities to connect with nature and boost your well-being. Designed for everyone, this guide provides opportunities to enrich daily life through connection with the natural world.

Open a window and welcome the fresh air.
 Sit in the sun and soak up some sunshine.
 Watch the sunrise or sunset.
 Listen to nature sounds audio recordings.
 Practise breathing exercises outdoors.
 Take a leisurely stroll in a nearby park.
 Have a picnic at a beautiful place.
 Observe and track animal prints
 Sketch or paint the landscape around you.
 Get to know a large tree
 Cloud-watch the different cloud formations.
 Sit under a tree listening to the wind.
 Write in a journal while sitting by a stream.
 Collect and press flowers.
 Build a small rock cairn or sculpture.
 Collect interesting leaves, nuts and seeds
 Create nature art using nature objects.
 Relax and enjoy bird watching.
 Observe the changes as you sit in a place.
 Walk barefoot on the grass or earth.
 Plant flowers or vegetables in a garden.
 Practice mindfulness while outdoors.
 Collect seashells on the beach
 Build a shelter in the bush
 Photograph flowers, insects, leaves.
 Take a bike ride through a nature reserve.
 Explore a local nature trail on foot.
 Meditate by a stream or river
 Visit a botanical garden or arboretum.
 Go on a nature walk with friends.
 Go fishing at a nearby lake or river.
 Build a campfire.
 Sleep under the stars.
 Take a swim in a natural body of water.
 Go kayaking or canoeing on a river or lake.

Practice forest bathing.
 Go snorkelling to explore a reef.
 Go geocaching
 Join a community garden.
 Join a walking or hiking group.
 Join an ocean swimming social group.
 Join an orienteering group
 Go on a nature walk with a local guide.
 Volunteer for a beach cleanup.
 Participate in a conservation project.
 Attend a nature workshop or retreat.
 Join a birdwatching club and go on outings.
 Go on a camping trip.
 Build a sandcastle
 Plan a day trip to explore a national park.
 Go rock climbing or bouldering in nature.
 Attend a nature-inspired festival or event.
 Try horseback riding on a nature trail.
 Forage for fruit and wild foods.
 Participate in a tree planting project.
 Go on a scenic drive through the bush.
 Explore caves or underground caverns.
 Attend a re-wilding or nature course.
 Take a wildlife watching cruise or boat tour.
 Explore tide pools and search marine life.
 Attend a wildlife rehabilitation centre.
 Visit a butterfly garden.
 Explore a nature reserve.
 Try mountain biking on off-road trails.
 Go on a ziplining trees adventure.
 Light a fire by friction.
 Learn to basket weave with plants.
 Watch the light and shadow of a tree.
 Play in the waves of the ocean.
 Look at the fractal patterns in nature

