

Mindfulness in nature

Being out in nature is great for your physical and mental wellbeing. Spending some time exploring the world using your senses can help you become more self aware, bring you into the present moment and help you to feel calm.

What you need to do

Find your chosen spot to sit within nature, take some deep breaths and choose into your senses.



What can you see? Maybe a bird flying by, an insect crawling over a leaf or a hare hopping through a field.



Can you smell the damp soil after the rain fall or maybe the smell of some nearby wild garlic.



Close your eyes and listen to the natural sounds. Notice the trees moving in the wind or the buzz of an insect passing by.



Reach out and touch the bark on a tree, you could even hug it! Take off your shoes to feel the fresh grass and earth beneath your feet.

Step back into nature and explore with your senses!