






How to Use Your NatureRx Toolkit!

These items are optional, and are available for you to use in any way, and however often, you wish.

Below are some recommendations!

Item	Description
Logbook	You can use this to track, write down, and journal your nature experiences throughout your nature prescription!
Pamphlet	This pamphlet provides information about nature prescribing, how to do it, and the benefits of spending time in nature! Feel free to scan the QR codes to check out our video series, read more evidence, and explore the land-based healing nature for healing program!
Colouring book	Open this colouring book filled with beautiful images and fill in the blanks! You can colour while finding yourself immersed in nature images!
Mindfulness Activity Cards	These unique cards provide suggestions to mindfully connect with nature. (*Note: These are just suggestions and each activity will not be right for everyone, so please make sure to talk to your doctor.) You will find prompts to encourage connecting with nature using your 5 senses!
Worry Stone	This pocket-sized stone is perfect to take with you where you go, no matter what you're doing! Hold the stone in your hand and notice how it feels; its weight, texture, and temperature.
Lavender or Cedar Sachet	Explore the floral scent of lavender or earthy scent of cedar. Take a moment to notice the scent.
Plant	Place your plant wherever you'd like to bring a touch of nature into your space. Take a moment to mindfully observe its colour, texture, and shape. What do these details remind you of in the wilderness?
Tote Bag	Sport this comfy tote wherever you venture as a reminder of the restorative impact of the land. Use it to stow your journal, colouring book, and mindfulness cards, and take it along to a local park, trail, beach, or simply your own window to connect with nature.
Nature Sounds: YouTube Playlist	<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="378 1881 630 1997">  <p>Western HealthSciences</p>  <p>C2EHC CLIMATE CHANGE, ENVIRONMENT & HEALTH COLLABORATIVE</p> </div> <div data-bbox="885 1892 1003 2007">  </div> <div data-bbox="1274 1892 1404 2007">  </div> <div data-bbox="1453 1892 1550 2007">  </div> </div>