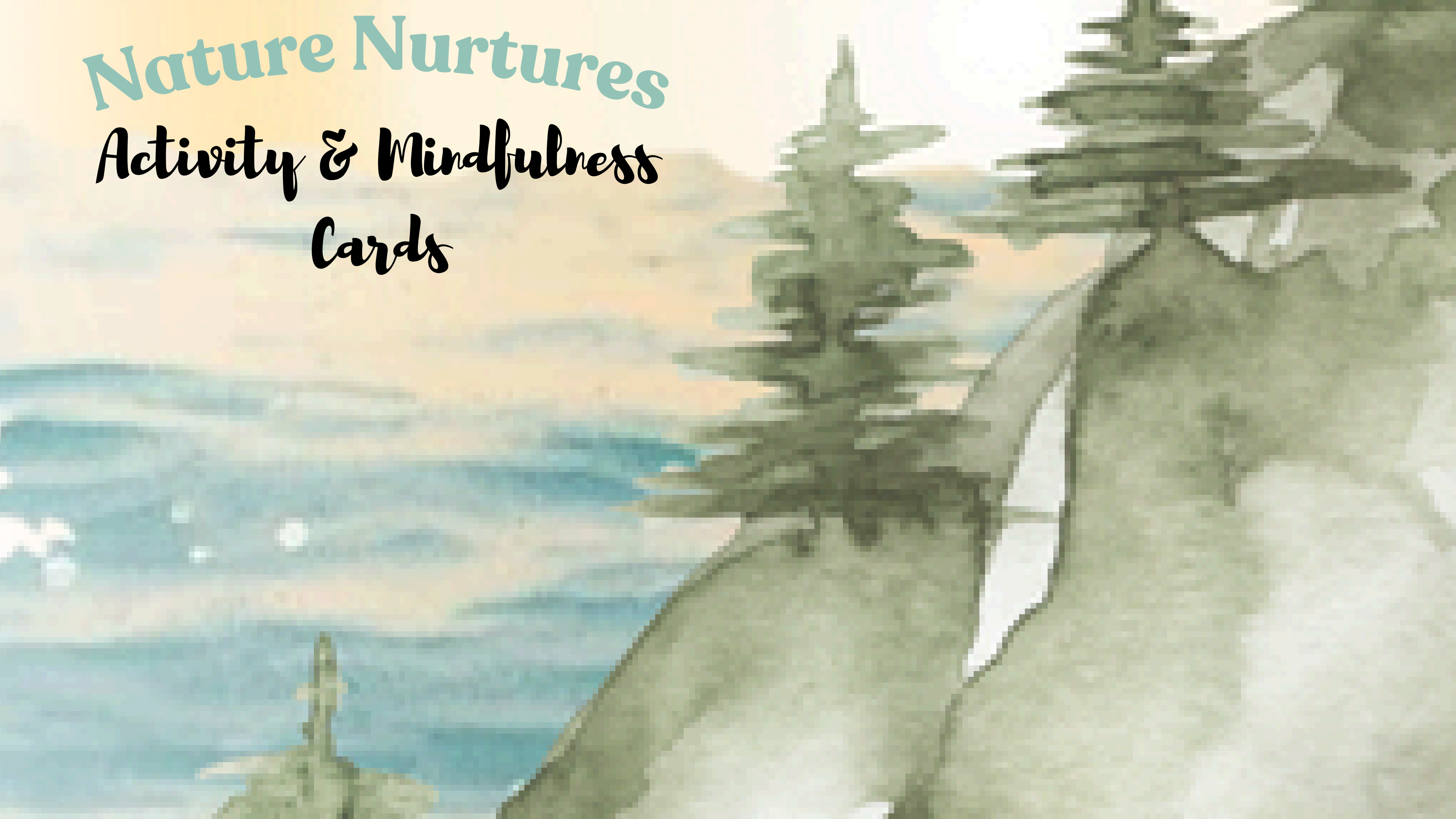


# Nature Nurtures

Activity & Mindfulness

Cards



**Spend time in a park. You can walk, roll, or sit and enjoy the fresh air.**



**Quietly observe birds  
in your yard, park, or  
from a window.  
Notice their colours,  
movements, and  
sounds.**



**Take care of a plant.  
Water it and watch it  
grow!**



**Sit by a window  
where sunlight  
streams in.**



**Journal in nature:  
your backyard,  
balcony, or near a  
window. Or, journal  
about nature  
anywhere!**





**Hold a smooth stone,  
seashell, or piece of  
wood and take a few  
breaths.**



**Play sounds of nature.  
Close your eyes and  
imagine yourself in  
those settings!**

**Sit outdoors. Feel the sun, listen to the sounds, and just be!**





**Find a tree and capture its shape, colours, or textures in a sketch or camera!**

**Imagine walking a  
forest path and  
breathing fresh air!**



**Watch the sky or clouds. Notice their shapes and let your mind wander!**



**Sit by water and  
notice the sounds  
and sensations!**





**Place a nature  
photo nearby and  
picture yourself  
there to relax.**



**Swing your arms  
or sway gently  
like the trees  
around you!**



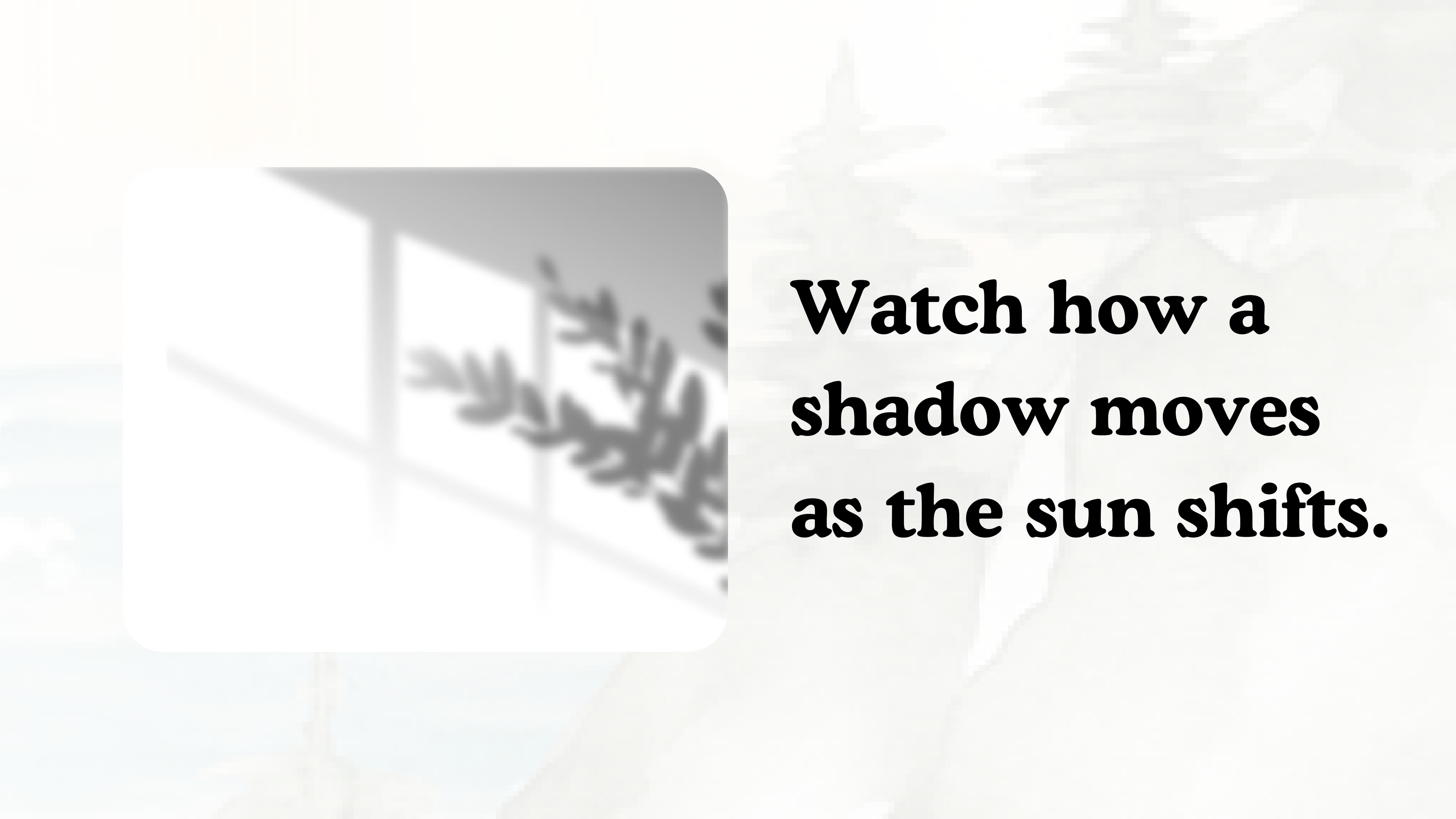
**Touch the  
ground with  
your hands or  
feet and feel the  
textures.**



**Listen to  
raindrops or  
water dripping  
nearby!**



**Take a deep  
breath and see if  
you can tell  
where the air  
feels coolest, in  
your nose or  
chest.**

The background of the slide is a blurred photograph of a house with a tree in the foreground. The house is a two-story structure with a gabled roof. The tree is in the foreground, and its shadow is cast on the ground. The overall scene is brightly lit, suggesting a sunny day. The text is overlaid on the right side of the image.

**Watch how a  
shadow moves  
as the sun shifts.**



**Write down  
words that  
describe the  
sounds around  
you!**



**Hold a leaf up to  
the light and  
trace the veins  
with your finger.**

**Watch how sunlight filters through branches.**

**Notice the patterns it makes on the ground.**



**Sit quietly and listen  
for a natural rhythm  
like waves, wind, or  
rustling leaves. Match  
your breathing to it.**



**Look closely at a flower or blade of grass. How many colours can you find in it?**





**Focus on how  
your footsteps  
sound on the  
ground: crunchy,  
soft, or silent.**



**Take a slow  
breath in through  
your nose and see  
what natural  
scents you can  
notice.**



**Choose a colour  
(like yellow or  
brown) and look  
around for every  
place it appears in  
nature.**

**Touch the bark of a tree—feel the grooves, ridges, and bumps.**



**Notice how the temperature changes when you step from sunlight into shade.**



**Look at how  
water (in a  
puddle, stream, or  
bottle) reflects  
light or sky.**



**Gently place your hand  
on your chest and notice  
how your heartbeat feels  
as you sit in nature.**



**Smell a handful of  
grass, leaves, or soil.  
What memories or  
feelings come up?**





**Try to find three things that are alive, three things that are not, and notice how they interact.**

**Sit quietly for a moment and think of  
one sound, one smell, and one sight  
you want to remember from this  
moment.**

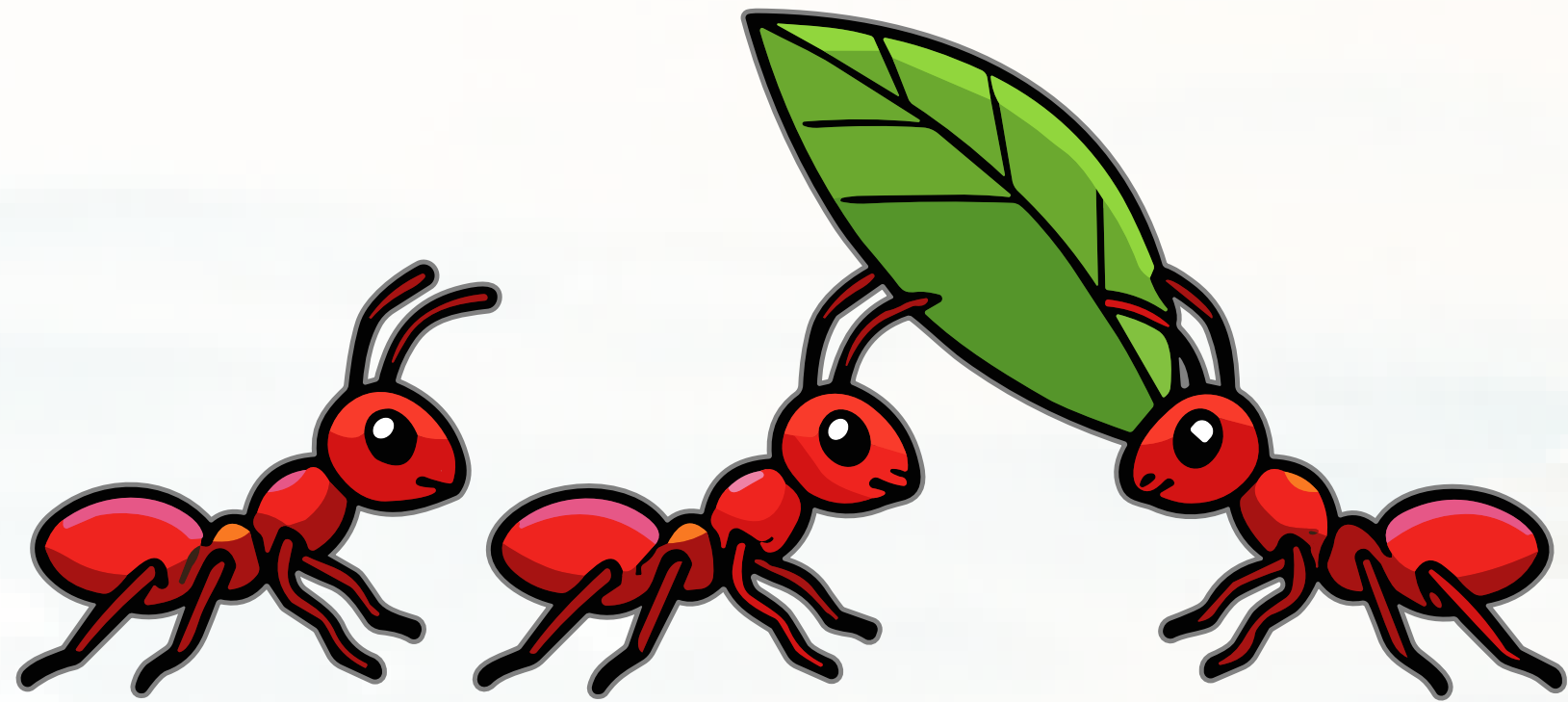




**Watch a group of plants and notice which ones stand tall and which bend easily.**

The background of the image is a bright blue sky filled with soft, white, fluffy clouds. Overlaid on this sky is a very faint, large-scale pattern of white, curved lines that resemble a stylized, abstract map or a series of concentric, irregular shapes. The text is centered in the middle of the image.

**Watch the clouds drift—can you  
spot shapes or patterns before they  
fade?**



**Find a small insect  
and observe it  
quietly, moving it  
as little as possible.**



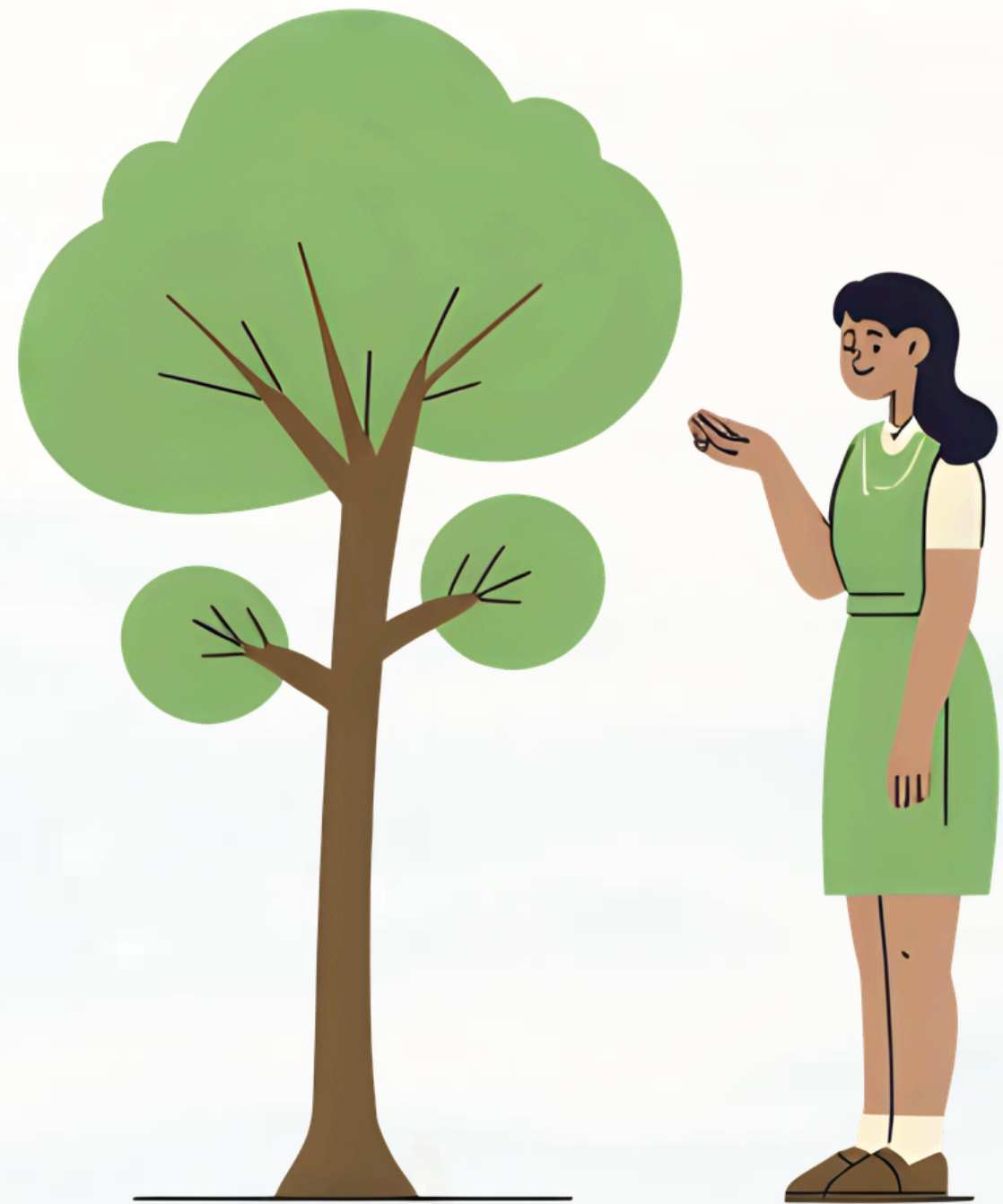
**Stretch near a sunny window and imagine yourself reaching for the sky or grounding like a tree.**

**Place fresh flowers, pine branches, or a drop of lavender oil nearby. Inhale slowly, noticing how the scent makes you feel.**





**Look around and name five things you can see nearby. Take your time noticing their colours, shapes, or details.**



**Share your  
thoughts, wishes or  
secrets with a tree!**

**Spend 10–15  
minutes outdoors  
without a screen,  
just soaking up  
light.**



**Collect shells,  
stones, or leaves  
and display them  
indoors as visual  
reminders of your  
time in nature.**





**Create temporary  
sculptures using  
only materials  
found in nature.**



**Take pictures of small details in nature (e.g., patterns, light, colours).**

**Grow herbs,  
succulents, or  
microgreens near a  
window.**





**Feel the direction,  
temperature, and  
movement of the  
wind on your skin.**

**Track bees or butterflies around flowers and note which plants they are attracted to.**



**Write or draw how  
each season  
influences your  
mood, energy, or  
habits.**





**Create a terrarium  
or moss jar as a  
living piece of art.**

**Enjoy a meal  
outdoors in a park,  
your garden or  
balcony.**



**Go out at night, use  
a stargazing app or  
book, and  
appreciate the  
night sky.**



**Hang a bird feeder  
outside a window  
and notice which  
birds visit.**



# HOW TO USE WORRY STONES

**There is no right or wrong way to use a worry stone. It can be used anywhere, anytime, for as long as you need.**

**Here are some suggestions on how to use it:**

- 1. Hold the stone in your hand and notice how it feels: its weight, texture, and temperature.**
- 2. Gently rub your thumb back and forth over the smooth surface.**
- 3. Take slow, deep breaths as you focus on the movement and sensation.**

# *Instructions*

**Please note:**

**These suggestions may not all apply to you. Please consult your healthcare provider.**