

# Wellbeing at Walborough

Spending time outside and in nature is both good for our physical health, as we move around and breathe fresh air, and our mental health.

Even just short periods of time in nature can enhance our mood, reduce stress levels, lower blood pressure, improve our sleep quality, boost our immune system and even make us more creative and empathetic! Below are some ideas of activities you can try whilst visiting Walborough to further improve your wellbeing.



## Nature-based mindfulness

- Gather in a circle and introduce idea that being outside in nature can help people relax.
- Ask everyone to close their eyes and take a deep breath in through their nose and out through their mouth.
- Tell them to spend a moment becoming aware of their sense of touch, the feeling of the ground beneath them, the wind or sun on their face or the grass on their fingers.
- Ask them to switch focus to the sounds of nature. Spend a moment listening to the wind in the trees, the singing birds or the flowing water of the river.
- To finish, tell students to take a few more deep breaths and open their eyes. Notice one thing you can now see, the clouds, the trees, the flowers.
- Ask the group how they found it, what did they notice and how did they feel?

## Wellbeing crafts

Nature is full of beauty and patterns and noticing these has been shown to lower stress and help us feel more connected to nature. Creating art and crafts with nature is a fantastic way to take a deeper look at the natural world. Use the guides below for some ideas on how to make a group art piece such as a nature mandala or a natural loom, weaving in some beautiful nature treasures you have found around site. Avoid picking flowers as the bees and butterflies need these a lot more than we do!

