

Being in nature helps children and teens develop wonder, resilience, and a deep sense of connection to the world around them.

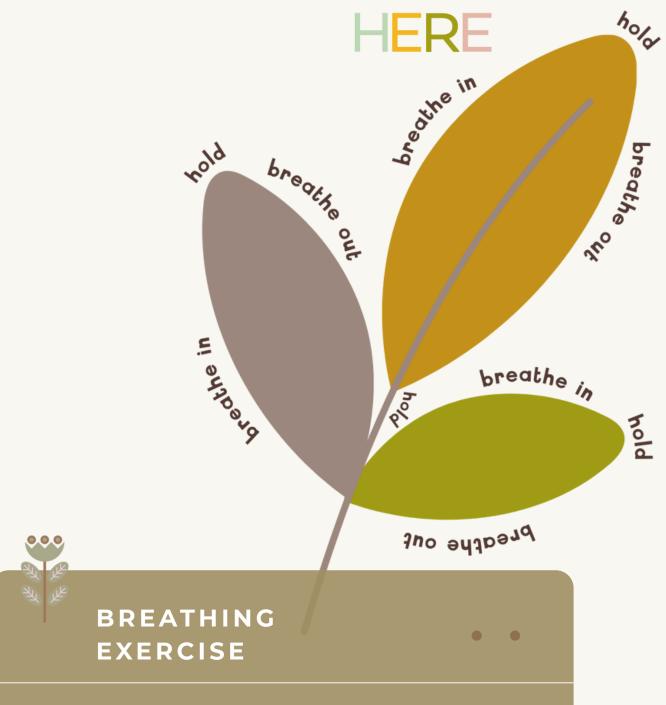


WHISPER WALK FOR THE LITTLES

Take a slow, quiet walk. Whisper what you see, hear, or feel – a breeze, a bug, a bird. Pause together at the end and share one favourite whisper.

This activity helps children feel calm, present, and connected to the world around them.





LEAF BREATH

Breathe in as you trace up the leaf, pause, breathe out as you trace down the leaf, pause.

- 1. Hold a real leaf that's fallen on the ground, paper leaf, prop or drawing.
- 2. Slowly breathe in through your nose as you trace your finger up one edge of the leaf, pausing for a moment at the top.
- 3. As you breathe out, trace your finger down the opposite edge and pause again.
- 4. Repeat this pattern around the entire leaf.

This exercise deepens your connection to the Earth's natural beauty, helping you feel grounded and in tune with the cycles of the natural world.

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LEAFY FOREST CREATURE FORTS

 Build small, whimsical homes in the garden or park using fallen leaves and other nature elements on the ground like twigs, moss, and nuts.
In a journal, notepad or on paper, write the stories of the creatures that live there.

BENEFITS:

This activity nurtures imagination, emotional expression, and a sense of connection to nature. By combining hands-on creativity with storytelling, children build focus, reduce stress, and explore empathy in a playful, calming way.



TREE TREASURE BINGO: DISCOVER THE MAGIC OF TREES

SPOT A TREE WITH RED OR **ORANGE**

SPOT A SQUIRREL OR WOODI AND ANIMAL GATHERING **ACORNS**

INTERESTING BARK: HOW DOES IT LOOK? WLIAT TEXTURE IS IT?

FIND

HEAR THE CRUNCH OF FALLEN LEAVES UNDER

YOUR FEET

TOUCH THE LEAVES AND DESCRIBE HOW THEY FEEL

FIND A LEAF TO SHARE A KIND THOUGHT WITL SOMEONE ELSE

LISTEN TO THE SOUND OF WIND IN THE TREES

TAKE A BIG. DEEP BREATH (OR TWO OR THREE) UNDER A TREE

REST AGAINST A TREE FOR A FEW MINUTES (OR LONGER)



Head outside with your family, students, or friends and see what leafy treasures you can find. Look for different colours, shapes, and sizes, crunchy brown leaves, bright yellows, or deep reds. Collect a few favourites to take back and use for art, journalling, or simply as a reminder to pause and enjoy the calming beauty of the season.