



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.



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BREATHING
EXERCISE

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
LEAVES

SPOT A
SQUIRREL OR
WOODLAND
ANIMAL
GATHERING
ACORNS

FIND
INTERESTING
BARK: HOW
DOES IT LOOK?
WHAT
TEXTURE IS IT?

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
WITH
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)



NATURE + THE
OUTDOORS

SCAVENGER HUNT

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.

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