



NATURE SIT



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Taking time to sit and take notice of nature

Equipment required

Quiet space in garden or natural setting

Time required

5 – 30 minutes

WHY: Take time to appreciate the place you are in. This activity can help calm and connect you to the world around you. No expert knowledge required!

Find a place in your garden or another natural setting.

Take some time to spend each day sitting in this setting.

Watch and listen with your whole body to all that is going on around you.

Marvel at the insects, the flowers, the trees, the veges or the birds.

Smile!

Marvel and try to feel a real sense of gratitude for all that is going on around you.