



Get in touch with nature

Take a moment to do some gentle stretches or take a stroll.
Engage your senses with the sounds, smells, sights and feel of nature.

Find a comfortable place to sit with a cup of tea, perhaps a spot where you can see or hear the world outside.

Spend this time to relax and have a go at the word search.
The words may be vertical, horizontal, diagonal or backwards.

AIR	T	G	R	H	F	G	R	O	W	O	H	S	E
BIRDSONG	P	Y	F	F	E	L	K	C	I	R	T	H	S
BREATHE	Y	B	I	R	D	S	O	N	G	R	N	S	R
BREEZE	K	T	R	E	E	L	L	I	H	C	W	O	U
CHILL	S	J	E	E	W	F	E	E	L	A	A	U	O
CHIRP	T	S	Y	F	E	L	A	U	L	X	T	N	L
COLOUR	R	B	D	P	I	Z	V	K	N	R	E	D	O
CONNECT	A	R	U	S	T	L	E	U	P	I	R	O	C
DEW	I	E	M	F	O	K	S	C	E	N	T	J	C
EARTH	N	A	I	R	U	L	I	O	S	E	G	A	H
FEEL	T	T	L	P	C	O	N	N	E	C	T	R	I
FIR	E	H	V	Y	H	S	T	R	O	L	L	B	R
FREE	G	E	A	R	T	H	G	S	T	O	M	A	P
GROW	J	E	Y	S	D	U	O	L	C	P	D	A	L
LEAVES													
LIFE													
RAIN													
RUSTLE													
SCENT													
SKY													
SOIL													
SOUND													
STROLL													
TOUCH													
TREE													
TRICKLE													
WALK													
WATER													

Now you have found the words, choose three of them to focus on when you take your daily exercise or you are relaxing at home.

E.g. If you choose BREEZE, notice how this feels on your face.
If you choose BIRDSONG, listen to the different sounds - can you identify any of the birds from their song?

Inspiration: Elisabeth Frink's bronze Walking Madonna strolls at a leisurely pace through the Chatsworth Garden.

