

# Benefits of Nature

In the last few years, science has confirmed what outdoors-men have known for generations. Time in nature is important to our physical and mental health. Studies have shown that spending time in nature can:

1. Reduce Stress and anger
2. Increase Happiness
3. Reduce Attention Fatigue
4. Increase Creativity
5. Improved physical health
6. Increase self-esteem
7. Connect to your community



# Mindfulness Activity

At your own risk!

## Barefoot sensory walk

Select a habitat at the Nature Center (Forest, meadow or pond). Check that the area around you is free of threats to bare feet. Remove your shoes and sock and slowly explore sensations with your feet. Notice how your foot moves across the ground, how your weight shifts to different parts of your foot and how the muscles transfer weight. What does the ground feel like on the sole of your foot? Can you feel plants on the sides of your feet? Can you feel the breeze? Can you sense moisture?

Repeat in other habitats. What is the same between them and what is different?