

A-Z of Nature Connection and Wellbeing



Sheffield & Rotherham

Wild at Heart

Be wild, whatever your age

We are celebrating the great variety of ways we can use nature to improve our mental and physical wellbeing. So join in and see if you can do something each day to boost your wellbeing and nature connection! **#AtoZWildWellbeing**



- A Active:** Get active and go for a walk around your local park, or jog on the spot!
- B Beauty:** Finding beauty makes us feel good, and beauty is everywhere in nature!
- C Compassion and Connect:** Put out food or make a home for wildlife.
- D Dance:** Put some music on and dance! It's great for exercise and for boosting your mood.
- E Emotion:** How does nature make you feel? An emotional connection to nature is really important for wellbeing.
- F Foraging:** Pick some wild blackberries, raspberries or apples and make a crumble!
- G Give:** Make a flower posie or a nature craft and give it to someone as a thoughtful gift.
- H Hello:** Say hello to your favourite street tree – what makes it special?
- I Identify an Insect:** Easily overlooked, but colourful, ingenious and incredible!
- J Journal:** Fill your nature journal with a garden visitor record, pressed flowers, leaf rubbings, sketches, & poems!
- K Keep Learning:** Let nature be your teacher – learn to paint, to bake bread, or the names of butterflies!
- L Look Closely:** Beauty is in the detail, so marvel at the tiny world of mosses, mushrooms, minibeasts, and lichens.
- M Mindfulness:** Slow down, breathe, and focus on the peaceful sensations of nature.
- N Notice Nature:** Use a pencil and sketchbook or a camera to help you really notice nature.
- O Observation Walk:** Go outside and spend some time just watching a bee, a bird, or a tree.
- P Painting and Poetry:** Get creative and express what nature means to you on paper.
- Q Question:** Be curious! Question how birds fly, or how bees communicate, then Google it!
- R Recipes:** Home-cooking is healthy, fun and cheaper than eating out, so why not make your own seasonal soup!
- S Senses:** Use each of your 5 senses in turn to explore your garden or your local park.
- T Three Good Nature Things:** Look for 3 good things in nature which make you happy.
- U Urban Wildlife:** Appreciate the nature on your doorstep – the wallflower, crow, and fox!
- V View:** Open your window and take in the colours and shapes of the clouds in the sky.
- W Write to a Friend:** Write a letter to someone to show you care and stay connected.
- X Exhale and Inhale:** Use calming breaths to slow down and ground yourself.
- Y Yoga:** Use simple Yoga exercises to de-stress, and improve your physical wellbeing too.
- Z Zzz Sleep:** Unwind before bed using nature sounds to help you to get a good night's sleep.

We hope this A-Z has helped you connect with nature. Why not share what you have done on our Facebook page or email us at: j.king@wildsheffield.com.

How you can use your everyday surroundings to tap into nature

Look up at the sky

Use nature to shift your perspective of an urban scene

How many colours can you see?

Slow down and watch an insect for a while

Find three good things in nature

Meet a tree

Take a few moments just to pause, be still and breathe deeply

Look closely at the mosses growing on the wall

Discover the beauty of what is growing in the walls and on the pavement



For nature, for everyone