



# Connect with nature year-round

Enjoy the health and well-being benefits of connecting with nature in every season.



## SPRING

As the days grow longer and warmer, this is a good time to get outside more.

- Notice the songs of birds that return from their annual migration.
- Feel the soft, green leaves of plants and trees around you.
- See the bright new flowers in urban parks and in your own potted plants.
- Visit a park or go into your backyard to draw. Find a spot to sit and notice something that catches your eye: a leaf, rock, tree, etc. Draw every detail you see. Don't worry about how good it is. The idea is to focus your attention and notice more of what you are looking at.

## SUMMER

It's the season of sunshine and full growth to get a good 'dose' of nature.

- Hear grasshoppers, crickets, and frogs sing their songs.
- See fireflies light up on the warm summer nights.
- Smell the scent of freshly cut grass and fragrant flowers.
- Grow or pick your own food. Herbs are probably the easiest produce to grow, especially in pots. Learn about local community gardens, including urban and roof-top gardens. Visit local farmers' markets or go berry-picking for the freshest produce.



## FALL

As temperatures get cooler, nature's wonderful change of season is on full display.

- See the trees' amazing display of colors as they prepare for winter. Notice which leaves are more orange, red, or yellow in color.
- Plant a tree. Volunteer for conservation work by contacting your local parks and recreation department.
- Notice squirrels running with their mouths packed with nuts to store for the winter.
- Gaze at the moon and enjoy a starry sky. Watch how the shape of the moon changes during the month. Some well-known constellations become visible in the fall, like the Big Dipper.

## WINTER

Despite colder temperatures and shorter days, there are magical moments to experience.

- Hear the crunch of snow or frozen ground as you walk in a park or take a hike.
- Taste pine needle tea. Simply rinse and add pine needles to hot water and let them infuse for a few minutes.
- Set up a bird feeder in your backyard and observe how different species of birds behave as they feed.
- Bring nature inside. Try diffusing essential oils like pine or lavender. Play soothing nature sounds like ocean waves, bird songs, or rustling leaves. You could even print and frame some photos of beautiful natural places you have visited or watch a nature documentary.