

Connect with winter nature

Enjoying nature during the colder and darker months will help lift your mood and engage your mind and body.

Spending time in nature can also enhance concentration and problem-solving skills. While it's best to experience nature outdoors, if possible, you can also bring nature indoors.



Bundle up and go for a walk or hike. Notice how the trees and plants look in the winter.

Try a new winter activity, like snowshoeing, ice skating, or cross-country skiing.

Set up a bird feeder in your backyard or porch and observe the birds.

Watch online nature videos, live video feeds from zoos, and virtual walks in the snow.