

# stormbreak nature's pathway



## Connect with nature and support children's mental health

Being in nature has incredible benefits to children's mental wellbeing. A rich and vibrant environment, a sense of awe and wonder and opportunities for enriched activity enhanced by the physical space, the colours, patterns and interaction with the natural world.

Nature gives opportunity to connect with others through play, imagination and movement whilst sharing thoughts and feelings.

### Stepping stone 1

Watch our self-care animation 


Being outside and appreciating nature is a wonderful way to take care of ourselves and to look after our mental and physical wellbeing.

#### Try this:

Take a walk and notice what you see and hear. Can you find three natural objects e.g. a stick, a feather, a leaf. Notice any patterns you can see and take a moment to be still. How do you feel inside, any sensations, feelings or thoughts?

**Try this:**  
Talk to your child/children about what helps them to feel calm or energised. How do they feel when they are outside in nature? What do they notice?

### Stepping stone 2

Nature and self care -  
Make friends with a creature 

Self-care is making choices to look after ourselves in different ways, to care for our mental and physical health and being out in nature enhances this. Being outside in nature helps us to move, to appreciate and enjoy time.

#### Try this:

Help your child/children to draw a symbol or to create an image that represents their inner strength. Think about the colour, texture and the qualities it may have.

### Stepping stone 3

Nature and resilience - Natures trees 

Nature brings awe and wonder, a sense of strength in its resilience to move through cycles, changing and growing through seasons. Being in nature can help us connect with our own inner strength so that we can, with the support of others, 'bounce back' from things we find difficult.

#### Try this:

Encourage your child to draw/paint a picture of their favourite season and talk to you about what they like best about it.

### Stepping stone 4


Nature and relationships - Cloud faces 

Relationships are the connections we have with the people around us and our environment that help us to feel loved, cared for and safe. Nature has a way of helping us to connect to ourselves and others.

#### Try this:


Encourage your child/children to draw the outline of a cloud and to draw someone who is special to them inside it. Help them write the things that make that person special to them around their cloud.

### Stepping stone 6

Nature, hope and optimism -  
Move to the seasons 

We can be hopeful when we are helped to appreciate the present and to see that things can change now and in the future and that there will be new opportunities ahead. Being outside in nature can help lift our mood and our mindset.

### Stepping stone 5

Nature and self worth -  
Sunrise 

Self-worth is understanding how we feel about ourselves inside and helps us know that we are important, valued and that we matter. With positive self-worth we can believe in ourselves and feel happy and safe.

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