

An illustration of a person with long, wavy hair in shades of brown and orange, seen from behind. They are wearing a light blue t-shirt and a green backpack with black straps and a circular logo. The background is a stylized landscape with rolling hills in shades of green and blue, and several trees. In the foreground, there are three orange flowers with dark centers and green leaves.

Nature Boost

**Peak
District
Ambassador
Schools**

Check in with yourself...

How are you feeling right now?

If you have intense feelings or emotions try the breath activity which will help you through them. The other activities will be great to use when things are a bit less intense for you.

TIP

Also try shaking it out! Shaking your body can be really helpful to instantly change the way you are feeling.



Breathe

Take a breath – help yourself through intense emotions with some breathing. This is a quick way to reduce intense feelings and slow yourself down.

TIP

If you find yourself getting distracted try focusing on the feeling of your feet connecting with the ground as well.



Breathe

Balloon Breathing

- Imagine your belly as a balloon
- Take a deep breath to the count of 4 whilst inflating your belly like a balloon
- Hold the breath, and the inflated belly, for a count of 4
- Then slowly breathe out through your mouth, counting down from 4, feeling the balloon deflate
- Pause for a couple of seconds and repeat



1 2 3 4 ...

1 2 3 4

... 4 3 2 1



Cloud Watching

Focusing on the clouds for a while can help to make you feel less stressed and reduce feelings of anxiety.

TIP

Try focusing in how patterns and colours shift and change, even on a grey day. Sometimes the sky can be stormy and wild but the blue sky is always there waiting to show. How we feel can be quite the same, nothing is permanent.



- All you need for this is a view of the sky
- Spend some time quiet, focusing on the sky, can you notice any clouds with interesting shapes – what do they look like?
- You could take a picture and draw over them to outline the shapes you have seen
- Want to learn more about cloud types to look out for?
Download the **BBC Cloud Spotter Guide**

SCAN HERE



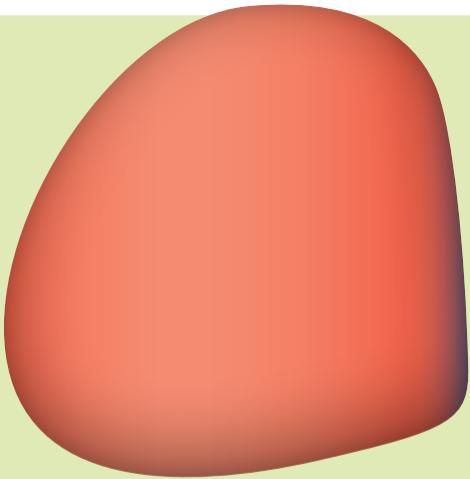
Nature's Rainbow

Taking time to observe things in nature around you brings lots of benefits. You'll be surprised how many colours you can find.

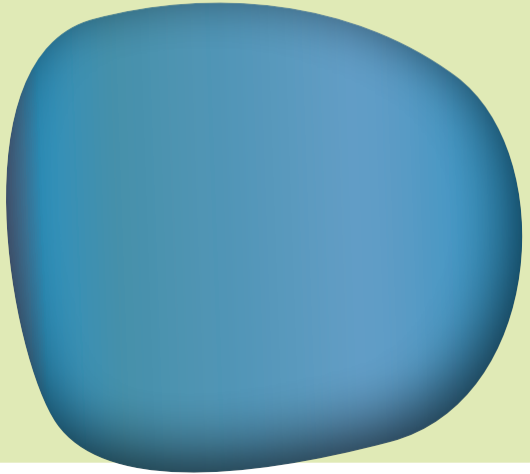
Choose a colour card to look for and try to find a matching colour in a natural object. (You can take them out to use them.)



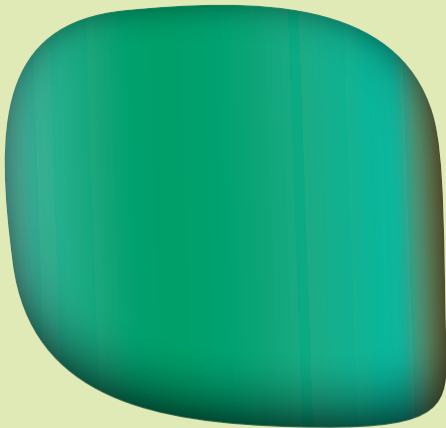
Match this colour to a natural object.



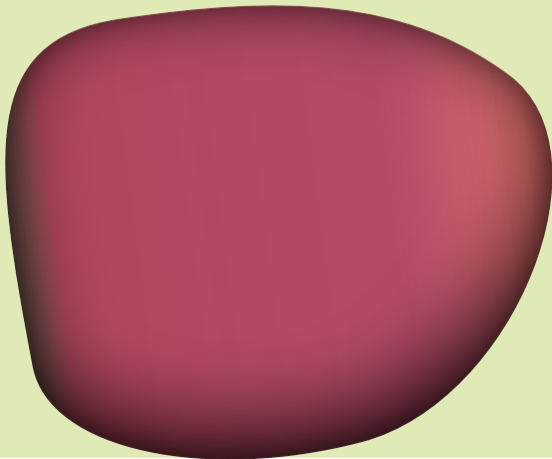
Match this colour to a natural object.



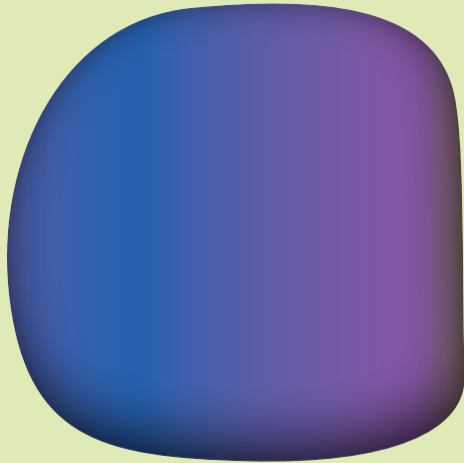
Match this colour to a natural object.



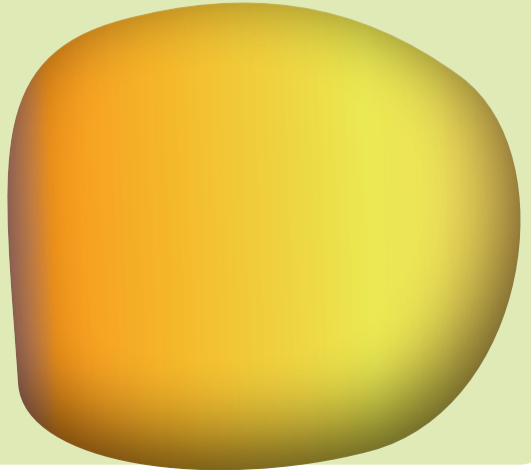
Match this colour to a natural object.

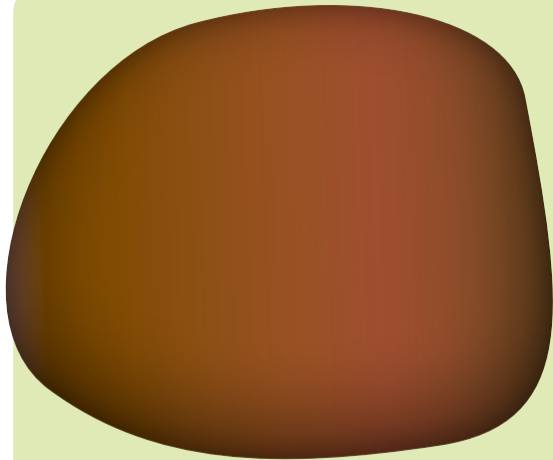


Match this colour to a natural object.



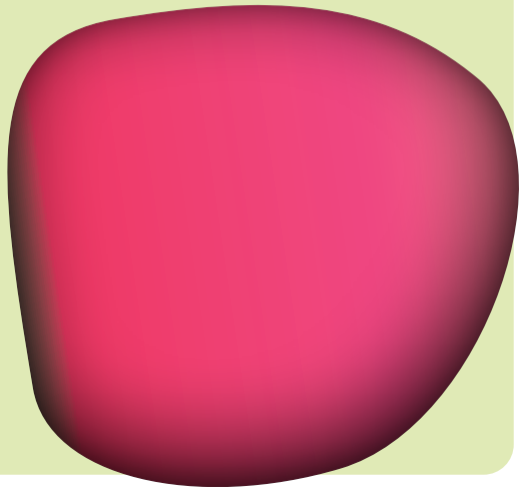
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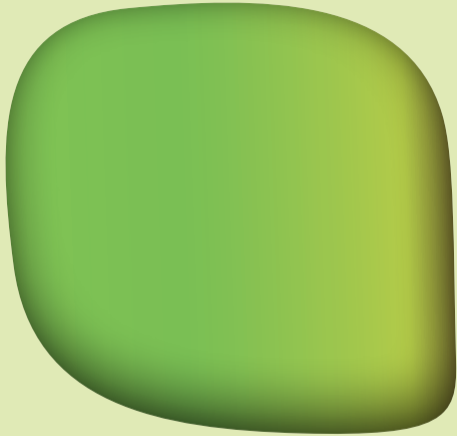


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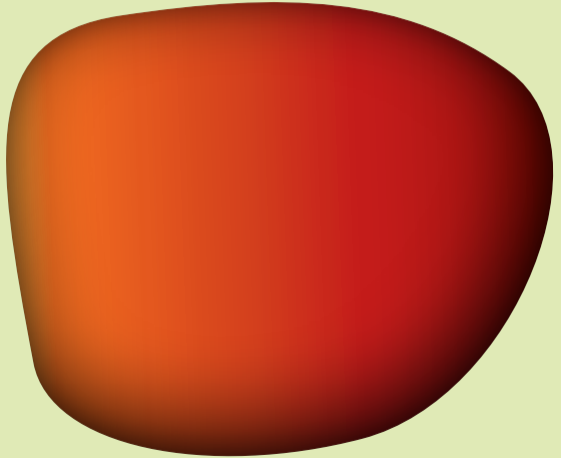
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Match this colour to a natural object.



Seasonal Seeking - Spring

Go on a walk/explore an outdoor area to seek these seasonal treasures in Spring.



SMELL



earthy smells as the soil warms up

SEE



the first Bumblebees

HEAR



people playing outside again

HEAR



Woodpecker tapping

FEEL



the sun on your face on a warm day

FEEL



a thin fresh leaf on a tree

HEAR



the sound of birds singing - how many?

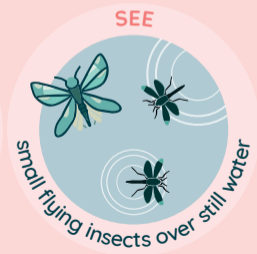
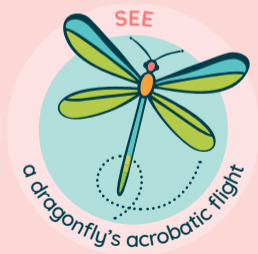
SEE



frogspawn

Seasonal Seeking - Summer

Go on a walk/explore an outdoor area to seek these seasonal treasures in Summer.



HEAR



the sounds of pollinators - bees, hoverflies

HEAR



grasshoppers

FEEL / HEAR



the rain in a summer downpour

FEEL



warm winds

HEAR



pine cones cracking open in the heat

SEE



intricate patterns in the shade

SEE



birds soaring in hot air

SMELL



freshly mown grass

Seasonal Seeking - Autumn

Go on a walk/explore an outdoor area to seek these seasonal treasures in Autumn.



SEE



bats in the early evening

SEE



mushrooms springing up

SEE / HEAR



leaves drifting to the ground

SMELL



fungi breaking down the leaves

FEEL



rough and spiky seed casings

FEEL



cold deep breaths of chilly air

HEAR



strong winds swirling around

HEAR



rustling of leaves under your feet

Seasonal Seeking - Winter

Go on a walk/explore an outdoor area to seek these seasonal treasures in Winter.

HEAR



snow crunching under foot

SEE



new buds on twigs / catkins

SEE



your breath turning to steam

FEEL



an icicle melting in your fingers



Need some
extra support?

These organisations are here to provide it...



childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

kooth

Online mental health support
kooth.com



YOUNGMiNDS

fighting for young people's mental health

youngminds.org.uk



THE MIX
Essential support for under 25s

themix.org.uk



SAMARITANS

Call us free 24/7 on 116 123
samaritans.org



SCAN
HERE

For further ideas on ways to relax and enjoy
the outdoors, try our **10 MINDFULNESS ACTIVITIES**

These resources were co-created with pupils from Buxton Community School and Lady Manners School in workshops delivered by Peak District National Park and Compass Changing Lives.



Peak District
National Park
Foundation