



# Mental Health Awareness Week

10-16 May 2021 #ConnectwithNature

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Join us on a [#WalkForWellbeing](#) for Mental Health Awareness Week and clock up some miles on your journey to positive wellbeing.

Lockdown was a stressful time for many but the one thing most of us realised was the benefits of escaping the house to connect with nature.

Walking in nature is known to benefit both our psychological and physiological wellbeing and provides us with a moment of calm from the everyday pressures of life.

Make sure to connect with us on social media using the hashtag and share photos or videos of your walks!

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*"In every walk with nature, one receives more than he seeks." John Muir*

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# Ideas for different walks and ways to connect with nature...

1

## Sensory Walk

Find items on your walk that appeal to the five senses – sight, taste, touch, smell, and hear. You could gather, take a picture, or make a list of what you find.

2

## Photo Walk

Give your child a camera (perhaps a point-and-shoot, a disposable, or an old camera) to take pictures of things they find interesting on the walk.

3

## Leaf Walk

Collect as many different types of leaves as you can find. A great extension would be to have a list with only the outline of the leaf and have the child match leaves to the picture.

4

## Walk and Talk

There's nothing like taking a stroll around your local area, catching up with friends and family. This is great for our social wellbeing.

5

## Discovery Walk

Why not discover a new area by taking a walk in a place you've never been before. This could be a previously unexplored river walk or even a walk around a nearby town centre!

6

## Environmental Walk

Why not combine a wellbeing walk with a way to benefit our planet and your local area? This could include a beach clean up or litter picking walk!

7

## Fitness Walk

Try and add an element of physical challenge to your walk tailored to your fitness levels. This could include anything from stepping up the pace in intervals or taking a more hilly route!

Share your progress with us on social media...

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