

Bringing Nature into Our Lives

Spending time in nature or bringing nature into our lives in any way we can helps us to look after our mental health.

As you find each word, think about how you could bring nature into your life in a way that would help you to feel good on the inside.

d j i q p l e h e n g s s h b b
d s g n i l e e f a f l l a i e
v e y r g l d b r t l a a p r o
e s x r p i v d i u k i m p d c
h c o a s w e z o r u r i y w d
n w a t l n w o l e l e n w a m
p l u l i e r x x n l t a x t s
k o m n m i r l s t n a l p c c
d n g t h o u g h t s m o s h o
w e m e n t a l h e a l t h i n
v i l b k i n f j e h a s z n n
w u p t v x s y z y y r m u g e
j y n a t u r a l s o u n d s c
e r a h s e t a q v x t z l m t
b h v x x j s n m c c a t m x z
t n e m n o r i v n e n f g a u

nature

gardening

feelings

settled

natural materials

mental health

birdwatching

environment

relaxed

animals

outside

natural sounds

calm

connect

help

plants

thoughts

happy

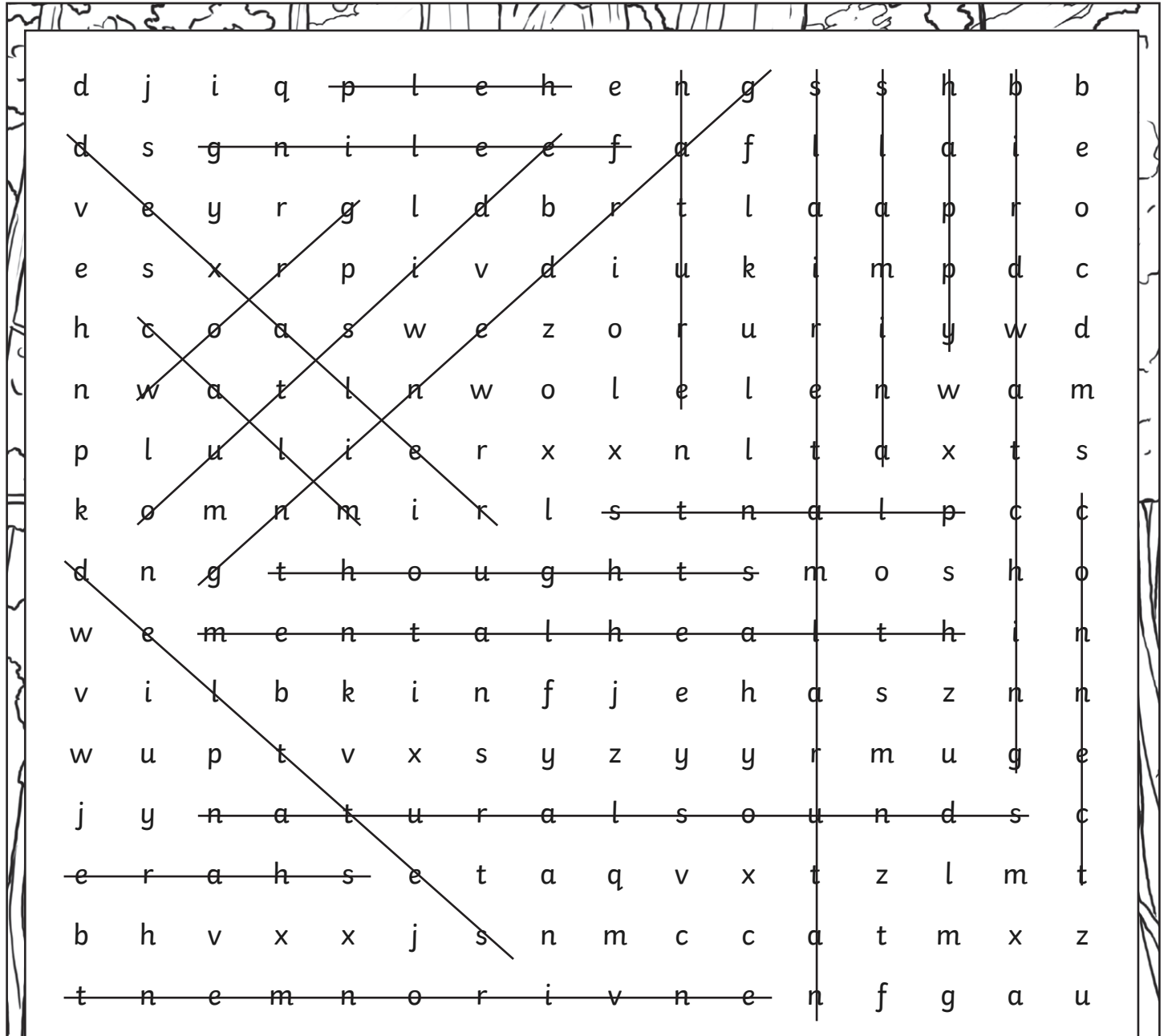
grow

share

Bringing Nature into Our Lives - Answers

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mental health	birdwatching	environment	relaxed	animals
outside	natural sounds	calm	connect	help
plants	thoughts	happy	grow	share