

Feel Good in Nature

Step into nature and spark wellbeing!

Connect to nature, make
nature friendly choices
and spend more time
outdoors. Let's care for
the planet one outdoor
moment at a time!



 **Girlguiding**
London and
South East England

Feel Good in Nature

Contents

3

Countryside code

4

Nature Connection

5

Challenge features

6

Senses

7

Beauty

8

Meaning

9

Emotion

10

Compassion

Aims and Objectives

Welcome to the 'Feel Good in Nature' Pack. This pack has been created by volunteers from Girlguiding Anglia in partnership with the RSPB. We are delighted to share this resource with Girlguiding London and South East England. The aims of the pack are to:

- Improve girls' wellbeing as a result of taking part in connection to nature experiences
- Increase the number of girls who are building nature into their Girlguiding experience and everyday lives in order to improve their wellbeing
- Build the confidence of leaders in taking their units outdoors into nature for wellbeing benefits
- Increase the number of girls who are making nature friendly choices and taking positive action to help nature



Countryside Code

Your guide to enjoying parks and waterways, coast and countryside

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside
- Leave gates and property as you find them
- Do not block access to gateways or driveways when parking
- Be nice, say hello, share the space
- Follow local signs and keep to marked paths unless wider access is available

Protect the environment

- Take your litter home – leave no trace of your visit
- Do not light fires and only have BBQs where signs say you can
- Always keep dogs under control and in sight
- Dog poo – bag it and bin it – any public waste bin will do
- Care for nature – do not cause damage or disturbance

Enjoy the outdoors

- Check your route and local conditions
- Plan your adventure – know what to expect and what you can do
- Enjoy your visit, have fun, make a memory



Footpath



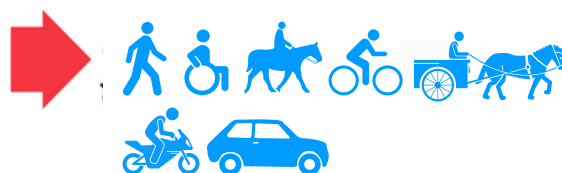
Bridleway



Restricted Byway



Byway Open To All Traffic



Permissive Path

Follow advice on local signs as land owners voluntarily provide access to these paths and choose who can use them. Some open access areas are also made available in the same way.



National Trail

National Trails are created for walking, with horse-riding and cycling possible on some trails or trail sections.



Open Access

You can walk and explore away from paths.



Nature Connection

Nature connection means feeling close to nature, loving nature and caring for the environment. The challenges in this pack are themed around the five pathways to nature connection, developed by the University of Derby in their [Nature Connection Handbook](#).

Meaning

Noticing and welcoming the feelings which nature inspires

Compassion

Helping and caring for nature

Beauty

Seeking and appreciating the beauty of the natural world

Senses

Exploring and experiencing nature through all the senses

Emotion

Celebrating and sharing nature's events and stories

Challenge features

There are 2 compulsory features to the challenge

Connect with nature outdoors

The activities within the pack have been created to encourage girls to spend as much time outside as possible exploring nature around them in their local communities and to connect with nature in different ways. Whilst taking part in the activities in this challenge pack, girls should spend at least a total of 2 hours engaging with nature outdoors.

In addition to the 2 compulsory features, you will need to complete at least 1 activity from each of the 5 themes:

Senses

Beauty

Meaning

Emotion

Compassion

We have, where possible, chosen activities that could link to unit meeting activities or skills builder badges. Please feel free to adapt the activities where necessary to suit the programme.

Bring nature to your community

Do something, either within the activities you choose from the pack below, or as a separate activity to make nature more visible within your community, or help your community connect with nature. For example:

- Plant wildlife-friendly seeds or bulbs using peat-free compost, for example around your unit meeting place, or in pots that you could give to a local care home.
- Help out at a local community garden, park or orchard.
- Do a litter pick or beach clean as a unit (some local litter picking groups will lend their equipment).
- Decorate stones with what you love most about nature. Leave them around your local area for people to find.
- Make the area around your unit meeting place more wildlife-friendly. Try to think about how your area could appeal to all the senses – eg. flowers of different colours, herbs for scent, leafy areas, and areas where there are piles of old leaves or wood that different creatures could live in.

Please check out our '[Keeping safe and looking after nature](#)' resource before heading out on your adventures.

Senses

Nature Mission: Sensory Bingo

Have fun learning about our senses. Get outside and ask the girls to fill out the [bingo card](#) using the template found in the resources. The leader will then shout out things they can see/feel/taste/touch/smell. If the girls have it they can tick it off. Play first to a line and first to a full house.

Nature Mission: Nature A-Z

To explore the environment around us. Get outside and try to find something for each letter of the alphabet, this could be something you see, hear, smell or feel/touch.

Nature Mission: Nature Sensory Wands

Find out more about the Countryside Code. Take a walk through a green area, get each girl to find a stick and wrap a piece of wool/twine around the top. Talk the girls through the countryside code and what they can and can't pick in nature. As you're walking, the girls can collect interesting items i.e. a feather, different fallen leaves, twigs, grass and secure them under the wool/twine to create a nature wand. Please check out our '[Keeping Safe & Looking After Nature](#)' resource before heading out on your adventure.

Nature Mission: Through New Eyes

Appreciate nature from different angles. Experience a piece of nature from a new angle. For example: standing under a tree and looking up through the branches at the leaves, up at the sky, or looking at the finer details of a spider's web. How is this different? What creatures may have the same viewpoint as you? (E.g. are you as low down as a mouse?!) Draw what this would look and feel like.

Nature Mission: Campfire Fun

Enjoy all the fun of a traditional campfire whilst protecting and enjoying nature. There are lots of options for this activity, we have included a few suggestions below:

1. Ask girls to explore the local environment and bring back wood to build the campfire. Look closely for creatures in the wood and remove them, don't burn wood which shows signs of being eaten by creatures
2. Talk about how and where to build a campfire so as not to disturb or hurt nature. For example, you should always build a bonfire on the day you want to light it, so that hedgehogs don't have time to creep in!
3. Make a [traditional dish](#) such as s'mores, banana splits, or camp donuts – describe the taste to each other.
4. Use your senses to describe the campfire – the sounds, the smells, the colours.
5. What has changed in nature from daytime to night-time – what different things can you see, hear or smell?

Nature Mission: Beautiful Bustling

Help girls understand all the simple, natural beauty around them. Go on a walk around your local area, notice the beauty in what you see. Capture your favourite things in a drawing, poem or dance. Why do you think they are beautiful? Can you find examples of your items to add to your drawings? (E.g. draw a bird and decorate it with real feathers). Can you hear beauty and recreate the sounds?

Nature Mission: Natural Painting

See the different uses of nature. Go outside and collect items from nature that when mixed with water can make paint. E.g. soil, chalk, blackberries, grass and dandelions; it might work best to crush the items, leaders could take a pestle and mortar or try crushing with a stone on a rock. Only pick flowers and berries which are common and growing in abundance, pick petals instead of the whole flower. Once you've made your paint, create a picture using them! Please check out our '[Keeping Safe & Looking After Nature](#)' resource before heading out on your adventure.

Nature Mission: Designs From Nature

Inspire girls about the different ways nature influences our lives today. Take a piece of card and cut out a shape from nature like butterfly wings or the skirt from a fashion picture (see the [additional resources](#) for ideas), make sure to keep the border intact! Hold them in front of different backgrounds (clouds, bark, flowers) to see what different nature designs you can get for your wings or skirt! Or, you can create your own background designs by assembling different nature items from your local area and creating a piece of art to hold your cut - out outfit in front of it.

Nature Mission: Designs From Nature

This activity is intended to help girls understand aerodynamics in nature in a fun way. How long does it take for a bird to get from land to the air? Using a stop watch, find out! Keep your eyes open for a bird taking off; as soon as they do hit the start button. Stop timing when the bird is in clear sky. How long did it take? Try timing different birds. Are some birds faster than others? Pair up with a friend. Each pick a bird that looks like it's going to take off and have a race. Which bird will win the race? Most birds fly in a straight line but some have distinctive flight patterns. E.g. finches fly in a bouncy rollercoaster way; a kestrel hovers in one place moving its wings quickly. Some birds like gulls and buzzards circle up high, gliding and soaring, moving their wings slowly, while others such as blackbirds fly fast, flapping their wings over short distances. Find a quiet place to sit and spot the different ways birds fly, then look closely to spot any differences in wing shape and how they hold them.

Nature Mission: Enticing Events

Helps build appreciation of beautiful natural events that happen often. Experience a beautiful natural event, what makes it beautiful? For example: have a campfire at sunset, wake up early and watch the sunrise, listen to the dawn chorus or stargaze on a clear night.

Meaning

Nature Mission: Shapes In Nature

Connect with nature. Spend time outdoors, find how nature makes familiar shapes e.g a dragon in the clouds, a face in a tree trunk. Girls can make up stories about the things they see, they could do this in pairs or groups, they could share the story with the rest of the group in a circle. They could also write the story down or draw a picture of it.

Nature Mission: Flower Fun

Find out what meanings girls interpret from different types of flowers. Take a walk to look for different kinds of flowers in your local area. Ask the girls to find (but not pick) a flower which means something to them. It could be to represent how they're feeling that day, something they've done recently (or in the past) or something to do with guiding (with younger girls, ask them to find a flower which they like). Once girls have found their flowers, ask them to share with the unit, or in pairs/ small groups why they chose the flower. Take it further and ask girls to draw, or take photographs, of their flower. You might want to ask girls if they can find clover, which is a type of trefoil plant – leaves divided into three – as in the Girlguiding trefoil, and talk about the meaning of the trefoil. Please check out our ['Keeping Safe & Looking After Nature'](#) resource before heading out on your adventure.

Nature Mission: Seasonal Cycle

Help girls to understand changes in the seasons and what this means to them. Talk through the different seasons with your units. You could take your time with this activity and revisit it with each changing season. Take the girls out in each season, visit the same place, take photos of each trip and compare them. What happens in nature during that season, what does it mean to the girls? Identify some key activities that happen in nature and what wildlife or birds may be seen. You could collect items from outside to create a collage that helps to visualise each season. Or write a play to take an audience through the changes.

Nature Mission: Free Falling

Set up an experiment to talk about aerodynamics! Arrange a line of different objects you would find in a nature, i.e. seeds, fruit, conkers, dandelion clocks, rocks, feathers. Ask your unit to see which items will fall faster and slower than each other. You could challenge them to line them up in the correct falling speed order. Set up a standard drop height and a timer. Try to record the speed to work out which item falls the quickest.

Nature Mission: Life Cycles

To discover the life cycles of creatures. Show the images on the [worksheet](#) to the girls and get them to place the stages of the cycle in order from beginning to end.

Emotion

Nature Mission: Forest Bathing

Girls can explore their emotions whilst meditating in nature. The meditation aims to help girls to get in tune with nature and experience the positive emotions, such as happiness and calmness, while thinking about and spending time in nature. Leaders can read out the prepared meditation and lead the girls in the session. The meditation will last around five to ten minutes each. This mediation should be done outdoors, to allow the girls to connect with the emotions that nature can make them feel. After the meditation, leaders should help girls discuss what emotions they felt during the meditation, and how they feel before and after too.

Nature Mission: Catch An Emotion

Get creative and make something to hang near your window or outside in nature, such as a suncatcher or dreamcatcher to draw in those positive emotions from nature. Take your unit into a green space or to the beach to collect a few items to make their suncatcher or dreamcatcher with: fallen branches to make the frame and items to decorate it such as feathers, small pine cones, shells, blossom. This Wildlife Trust video is good for showing a dreamcatcher made of twigs and natural items.

Nature Mission: Nature Journals

To get girls thinking about all the different parts of nature and wildlife they see on a daily basis, and how what they see makes them feel at different times of the day. Get girls to create a nature notebook with a few pieces of paper and encourage them to use their nature journal for the week. They should observe the nature and wildlife in any/all its forms around them during their everyday routines and note them down in the journal, including something to show how they felt about it at the time and how they felt about the nature/wildlife as the week went on.

Nature Mission: Emotion Time Capsule

For girls to see how emotions, particularly feelings concerning nature and wildlife, can change over time. Girls go on a nature walk, collecting objects from the ground in a small envelope that bring an emotion with them, i.e. happy, sad, hopeful, nervous. Back at your meeting place, or gathered in a circle after the walk, girls show what they have collected, explain why they collected it and what emotions it makes them feel. Ask them to draw or write this down on a piece of paper, with their names on, and put it all in a container (including the nature items they have collected) – creating a time capsule. After a period of time (2-4 weeks), open the capsule and return everything to the girls. Please check out our '[Keeping Safe & Looking After Nature](#)' resource before heading out on your adventure.

Nature Mission: Magical Emotions

Get girls thinking about their emotions and feelings towards nature. Have a brief discussion about different emotions, and how girls feel about local wildlife. (e.g. joy at hearing birdsong, scared by a wasp or disgusted by a slug). Head outside to look for wildlife to inspire the girls to create their own 'magical mythical' creature. Look up high for birds and under rocks and logs for minibeasts. They could link parts of their mythical creature to their different emotions, such as rainbow-coloured wings because seeing a butterfly makes them feel happy. This can be adapted depending on the age group of the girls or section.

Compassion

Nature Mission: Happy Homes

It is important to learn about how we can give wildlife a helping hand and support their natural habitats. Animals are everywhere, why not encourage them to stay around by protecting their habitats or building new ones to encourage them to visit? I.e a bug hotel, a bird house, a butterfly garden or a hedgehog house. Use natural materials from nature or recycle household items. Here are some links for some ideas:

- [Butterfly garden](#)
- [Log pile](#)
- [Hedgehog house](#)



Nature Mission: Kindness Tree

Think about how we can protect trees, woodland and the creatures that live in these habitats. On a big sheet of paper, draw the outline of a tree ([or use this worksheet](#)). As a group, draw and cut out lots of leaves. Make them all different colours and shapes. Discuss together the different things you can do to protect and look after trees, woodland/forest/rainforest, and the creatures that live in these habitats. Write down each idea on one of the leaves, and stick it on the tree. Keep going until your tree is covered in beautiful leaves. Choose one action from your kindness tree to try out during the week and share with your unit what you did at your next meeting.

Nature Mission: What Not To Do

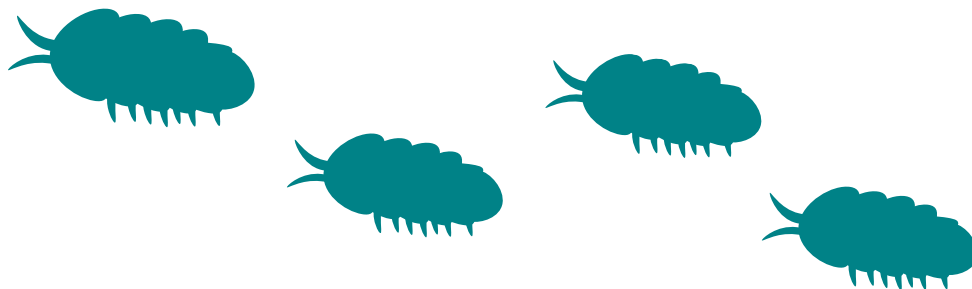
Bring the Countryside Code to life. Each group should come up with a scenario where they're spending time out in nature. They should think about their scenario and the things that they shouldn't do because they would be harmful to nature, or disruptive to other people enjoying the outdoors. Each group should come up with a short play/ skit of their scenario, showing the actions they shouldn't take. After each group shows their skit, talk as a unit about what they should have done instead. What would they put in their version of the countryside code? How does it compare with the UK Countryside Code?

Nature Mission: Nature Protectors

Support a charity or project that protects wildlife or supports healthy habitats in your local area. Help your unit find out about a local charity or project that protects wildlife or supports healthy habitats. For example, a local wildlife rescue organisation or a community garden or park. Come up with different ways people might support the charity. There are different ways/things people can donate to a charity:

- Giving their time
- Physical donations
- Using your voice to raise awareness

Then choose a way to support them as a unit. For example, you could collect in donations (lots of wildlife charities take donations of newspaper or animal food) or make posters about them.



Feel Good in Nature

We need you!

Fill out our survey and let us know what you think of this challenge pack. We'd love to hear from you.



Share your stories

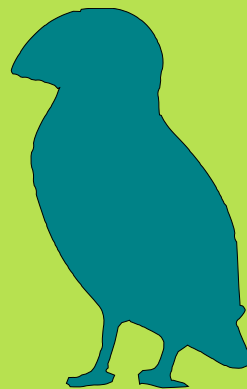
If you have any photos of you, your unit or family completing the quest, then don't forget to share them with us. Please ensure that you have the correct permissions for everyone in the photos before sharing.



@GirlguidingLaSER

About our partnership

We've been working together for nature with the RSPB, the UK's largest nature conservation charity, since 2015. Visit the Girlguiding London and South East England [website](#) to learn more, and to find out about our other RSPB activity packs.



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