



Time for a Stroll

Strolling Through the Seasons

Goal: Take walks throughout the year and notice each season's defining features. Appreciate the different wonders, smells, and sounds they all have. Admire the beauty in their differences.

Tip: Go for a walk during winter in the snow. Take notice of the snowflakes, and the variations between each one. Does snow have a smell?

Why is this important? Recognizing that there is beauty in all seasons helps maintain our physical, mental, and emotional health and wellbeing.

References: Middleton, J., Cunsolo, A., Jones-Bitton, A., Shiwak, I., Wood, M., Pollock, N., Flowers, C., & Harper, S. L. (2020). "We're people of the snow:" Weather, climate change, and Inuit mental wellness. *Social Science & Medicine*, 262, N.PAG. <https://doi-org.uwinnipeg.idm.oclc.org/10.1016/j.socscimed.2020.113137>

Caregiver Handbook: Ideas for Family Fun, What is Mindfulness?