



## I Wonder Where The Birdies Are?

Can You Find One?

**Goal:** Get outside to become one with nature. Take in your surroundings by noticing the living things around you.

**[Tip]:** Notice the stages of life of the animals you see. For example, look for hatching eggs, new life, or growing plants.

**Why is this important?** Noticing the living things around you during a nature walk improves attention and helps with stress management.

**References:** Ward, N. (2019). Mindful Nature Practices. In V. G. Carrión & J. Rettger (Eds.), Applied mindfulness: Approaches in mental health for children and adolescents (pp. 281-302). American Psychiatric Association Publishing. <https://ebookcentral-proquest-com.uwinnipeg.idm.oclc.org/lib/uwinnipeg/detail.action?docID=5789853>