



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 or during fall through the leaves. Take notice of the differences between each season. Is there a certain smell? Are the colours different?

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.