



## A Place of Your Own

Adventure Level: Beginner



Spending time outdoors has many benefits for your mental and physical health. For some people, finding a special quiet place helps them connect with nature. Use this activity sheet to find a place in nature of your own.

### A Place For You

Everyone needs a place of their own. Sometimes crowds are too loud, or you need to find some space for yourself. Where do you like to do this?

- Bedroom
- Library
- Beach
- Backyard
- Park
- Other .....

### Be Mindful of Your Surroundings

This activity provides a great opportunity to spend time outdoors. It's important to make sure a grown-up knows where you are at all times.

### Find Your Place

Explore your natural environment and find a place just for you. Find a comfortable spot to relax.

### Use Your Senses

As you spend this time outdoors, use your senses to ask yourself some questions.

How far can you hear? ..... What smells are in the air? .....

What can you see moving? ..... What's nearby for you to touch? .....

### Reflection

How do you feel after spending some time outdoors?

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What did you like the most about being outside?

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