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Nature Moment

Activity Sheet



For some people, spending time in nature helps them slow down and feel calm. In this activity, you'll take time to pause, connect with your senses, and notice the world around you.

Instructions

1. Review the script provided. Make any changes you feel would make it better for the group and surroundings.
2. If you're leading this activity at school, get support from a caring adult in your school to help organize the students who are participating. Guide them to an identified and approved location in a natural setting.
3. Introduce the activity and read the script below. Remember to take your time. Make sure to take pauses so people can connect with your words.

Nature Moment script

- Find a comfortable spot where you can sit or stand comfortably. It could be on grass, dirt, or a bench. Let your hands rest gently in your lap or by your sides.
- Take a few slow, deep breaths. Inhale slowly through your nose, exhale through your mouth. Repeat this three times and then let your breathing settle into a natural rhythm. [pause]
- Notice the ground beneath you. What is supporting your body? Feel your connection to this spot.
- Listen carefully. Can you hear birds, insects, leaves in the wind, or other sounds? Just notice them without naming them.
- Look around. Notice colours, shapes, and textures. Can you see smooth or rough surfaces? Things moving in the wind? Take your time and just observe.
- Smell the air. What do you notice? Grass, soil, flowers, or fresh air? If it feels safe, gently touch a leaf, tree trunk, or blade of grass. Notice how it feels.
- Turn your attention inward. How do you feel right now? Calm, relaxed, tired, or energized or something else? What in nature helped you feel that way?
- Take one more deep breath and look around as if you are seeing the space for the first time. Notice how much you can take in when you slow down.
- Remember, nature is always around you. Even on a busy or noisy day, one deep breath, a glance at a tree, or out the window, or feeling the breeze can help you return to this calm feeling.



School
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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.