

Hello

Thank you for signing up to participate in these activities. They have been based on the principals of mindfulness, which has been defined as “paying attention, on purpose, in the present moment, and nonjudgmentally.” It is hoped that the activities aim to help you connect to nature, which has been shown to increase wellbeing.

When starting the activities set aside some time, an hour is good, for yourself so you can focus on your own wellbeing. You may want to do this with other members of your family, or alone. Whichever it is, let people know that this is your time. To help this, it is recommended that you turn off phones and computers and other distractions.

Find a space where you are comfortable, ideally outside in a garden, but by a window is good as well. Wherever you are, remember to follow government guidance on social distancing. There may be some simple resources that are needed for the sessions such as pen or paper. These are listed at the start of each activity so they can be gathered before you start.

Finally, a quick note on your wellbeing, which is very important, especially at this time. These activities are designed to increase your wellbeing. However, you are the expert on you – you know yourself, and if any of the activities make you uncomfortable or uneasy, stop. If you need extra guidance on your own wellbeing you can find this by visiting some of the following places:

- Livewell in Essex <https://www.livewellcampaign.co.uk/article-categories/mental-well-being/>
- Generic advice - <https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- NHS links - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>, <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NHS Apps - <https://www.nhs.uk/oneyou/every-mind-matters/>

- Mind help lines - <https://www.mind.org.uk/information-support/helplines/>
- Samaritans - <https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/>

- Current government guidance - <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Sustainability - Art

You will need

- somewhere comfortable to sit, preferably outside in your garden. If you do not have a garden, by a window is good.
- Copies of one of the art works below
- Access to stones, leaves, twigs etc

Arrival activity	3 steps <ol style="list-style-type: none">1. Stop what you are doing and bring your attention to what is here and now. Ask yourself how you are. Bring your attention to explore your body and mind.2. Focus on your breath – where ever you can feel your breath focus on it there. Hold your breath in your attention, not trying to change it or judge it, just being aware.3. Widen your attention from your breath, to your torso, then whole body, and Finally, widen your attention to include whatever is all around you.
Appreciate activity	Art <p>Select a picture. Make sure you are comfortable. If it feels right, close your eyes and focus on your breath for 3-5 breaths. Open your eyes, focusing on the centre of the design, look at the detail, the colours and the texture of what is there. Allow your eyes and attention to move around the photo. Look at details, the whole picture, and maybe move between the two. Notice the colours, designs, lines and anything else. You will probably find your attention wandering, which is fine, but when you notice it, bring it back to the picture here and now. Finish the time by bringing your attention back to the centre of the picture.</p>
Focus on Nature	Natures shapes and colours <p>Find somewhere to lie down if you can or sit where you can see the sky. Allow your self to relax in this area. Then start to bring your attention to what is around you. What can you see? Are there different colours or shapes? How about movements in the sky and closer to you? Bring you attention to what you can see, and without judging it, just observe. Maybe use your hands to frame an area of the sky to help you focus. Or get rid of it all together and just look. Spend as long as it feels comfortable doing this.</p>
Focus on you	Walk <p>Find somewhere to stand comfortably with a bit of space around you. Outside is good if possible, and this can work well with bare feet. Start by bringing your attention to your breath. Then move your attention to your feet. Feel the sense of the floor beneath you, the feeling of being supported by the earth under your feet. Think about your balance, lean slightly forward, then back and to each side to feel the change in your body as you focus on the balance. When it feels right start walking slowly. Concentrate on your body and the changes it makes to enable you to transfer your weight from one foot to the next. Focus on the feel of the floor beneath you. How does the ground feel? Can you feel the grass under your feet? What is your sense of you moving amongst the world? Spend as long as it feels comfortable doing this.</p>
Create	Land Art <p>Land art has become popular over the last few years. Have a look at the works of:</p> <ul style="list-style-type: none">• Andy Goldsworthy• https://www.richardshilling.co.uk/• https://www.nils-udo.com/?lang=en

	<ul style="list-style-type: none"> • https://chrisdrury.co.uk/ <p>Find a space preferably outside to create your own bit of land art. Use anything around you. . Try sticks, pebbles, leaves and see if you can create a picture or pattern. If you want to take this further you could create a miniature garden, adding things in to be a rockery or miniature hills, maybe even planting something, or creating a tiny water feature. This can be a good activity and item to have both inside or outside of the house. Or see if you can find some stones – the best sizes are walnut up to fist sized. This activity involves colouring the stones. You may like to look at the contours of the stones, do they suggest a pattern, creature or object to you. You may like to write a word, maybe something hopeful, so you can put the stone somewhere nearby and remember it when you see it again.</p>
Assist and learn	<p>As today's activities have been about land art, these are very ephemeral – disappear quickly and easily. They have little long-term impact on the environment. Maybe to finish this session you could consider your environmental impact. As we are in shut down it is a good time to think about something different you want to do in the future. 2019 was the year of green pledges – see your local Wildlife Trust, https://www.wwf.org.uk/thingsyoucando or https://www.yearofgreenaction.org/ to give you some ideas. Can you make a pledge to do something? Maybe do a litter pick, or swap to nature friendly cleaning products, aim to garden with nature, buy local produce and only buy what you need.</p>







