

HOW TO KEEP CONNECTED WITH NATURE DURING LOCKDOWN



Don't forget to make use of your daily exercise time:

- 🌿 Go outside for a walk, run or cycle - you don't need to sweat heavily to exercise.
- 🌿 Explore your surrounding area during a daily walk.

When outside take pictures of nature, or a view that you like:

- 🌿 Use your micro lens or zoom.
- 🌿 You can select one of your pictures every day to change your phone lock-screen or desktop background.
- 🌿 Share your best pictures on social media.
- 🌿 Use it for your bullet journal or any creative hobby.



Need some help?

Email Severine on severine.monvoisin@edinburghcollege.ac.uk



If you need to stay inside, you can:

- 🌿 Open the window more often and as wide as possible.
- 🌿 If you can give the window a good clean, it's amazing the difference it can make in the natural light quality within a room.
- 🌿 Sit by the window especially when sun is shining. If your living space has several windows, follow the sun from one window to the other.
- 🌿 Make a reading, meditative or just nice space next to the window to chill.
- 🌿 Draw or record what you see and hear from your window.
- 🌿 Start a small growing project (herbs, salad leaves or even tomatoes).
- 🌿 Take care of your houseplant - supermarkets are still selling houseplants and flowers.

If you have a garden, balcony or terrace you can use it to:

- 🌿 Start a food growing project - you can find seeds in supermarket or order them online.
- 🌿 If you have children, give them their own wee space to grow food and experiment.
- 🌿 Make a habitat for the wildlife - bird feeders, bird houses, hedgehog shelter or feeding station.
- 🌿 Sow wild meadow to encourage wildlife and bees.
- 🌿 Install a reading corner in your outdoor space.



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