

# Healing Power of Nature



## WHAT IS IT?

Part of our Learning in Our Watershed™ program, the *Healing Power of Nature* is a resource collection of nature-based activities that promote well-being and a connection to nature. Resources include links, videos, handouts teachers can use to prepare students for outdoor experiences.

## WHY USE IT?

Being outdoors is good for us physically, mentally, and socially. Evidence shows being outside and connecting to nature can provide many health and well-being benefits. When we combine the power of nature with the benefits of place based learning in the National Heritage Area, we have a big impact on the next generation.

## HOW TO USE IT

Select from the following activities to explore the environment, develop a sense of place, encourage physical activity, and promote well-being. This resource is a great pre-field trip activity to prepare students for their onsite experience or as a post-field trip activity to reinforce concepts learned while out in the National Heritage Area.

## ACTIVITIES



### EARTHING

Choose a safe spot outdoors and encourage students to remove shoes and socks. Stand still on the grass, soil, or sand. Ask the students to reflect on how this feels. Have them move around and share what sensations are felt as they explore the ground barefoot.

Want to take this further? Try the [Root and Branch](#) activity on page 4 from the Health & Well-being Guide produced by the Natural Resources of Wales.



### NATURE STUDY

Give each student a notebook or piece of paper to record what they observe in nature. Their entries could include sketches or descriptions. Instruct children to draw what they see, not what they think something should look like. Have students label name, location and date observed.

Want journal prompts for the outdoor classroom? Here's a list of [34 nature writing prompts for students](#).



### SCAVENGER HUNT

Nature is good for our bodies and our minds. Try a scavenger hunt on your next outdoor adventure. This is a fun way to get students moving and use the power of observation.

Here's [30 free printable scavenger hunts](#) for kids! Here's a [video](#) with outdoor scavenger hunts, leaf rubbing activities and more fall nature activities.

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*Cache la Poudre River*  
National Heritage Area

## WANT MORE?



### **LESSON PLANS** - BUILDING RELATIONSHIPS WITH NATURE

[DISCOVER THE FOREST](#)

[E-MOVEMENT VIRTUAL CURRICULUM](#)

[NORTH AMERICAN ASSOCIATION FOR ENVIRONMENTAL EDUCATION](#)

[LEAVE NO TRACE CURRICULUM](#)



### **GAMES & ACTIVITIES** - BUILDING RELATIONSHIPS WITH PEERS

[AVID 4 ADVENTURE ULTIMATE GAMES GUIDE](#)

["BOOK OF STUFF TO DO OUTSIDE"](#)

[AUDOBON SOCIETY NATURALIST FAMILY RESOURCES](#)



### **WELLBEING ACTIVITIES** - BUILDING RELATIONSHIPS WITH ONESELF

[STUDENT MINDFULNESS ACTIVITIES](#)

[WELLBEING GAMES AND ACTIVITIES](#)