

URBAN NATURE CHALLENGE



Peace and Quiet

Objectives:

- Use a stick figure to understand the definition of mental health
- Meditate to nature sounds
- Draw a sound map from your window
- Go for a walk and draw a sound map in the park

Feeling concerned or overwhelmed at times is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, the health of someone in your family, or other aspects of life.

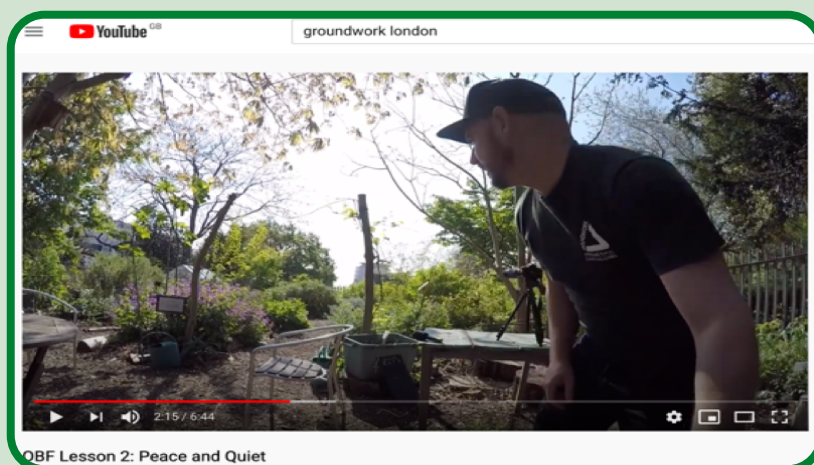
It is important to find activities that will help you keep calm. Many people find that being outside in a park or green space helps reduce feelings of stress and anxiety.

If you don't have access to a computer, make sure you have a piece of paper and pen so you can write your answers down as you go through the worksheet.

Watch me - Challenge 2

To get you inspired and thinking more about mindfulness, we set our Groundwork gardener Ben a nature challenge.

Watch this video to find out what he got up to: <https://www.youtube.com/watch?v=Kb3cjq3zbaY>



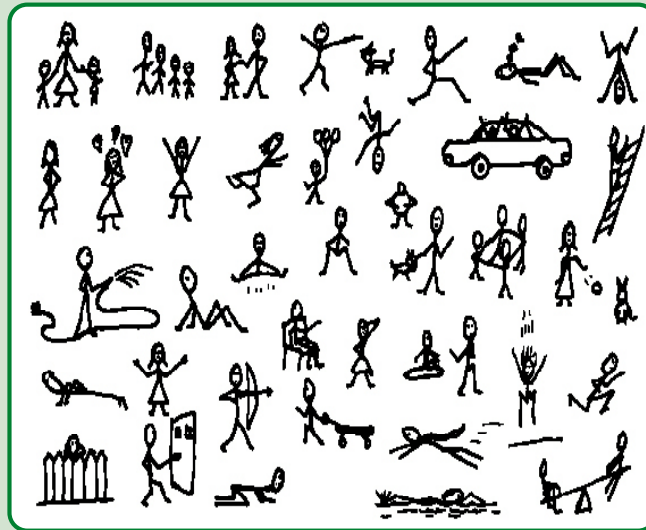
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Task 1

You will need a piece of paper and a pen or pencil.

To get started I would like you to make a quick drawing of a “healthy person”. Your drawing does not need to be detailed, you could even draw a stick figure if you’d like!



Once you have drawn your “healthy person” add some labels for activities that a person can do to keep healthy.

Did your drawing include mental health?

How would you define mental health?

Please write two sentences.



Hint

If you need some help, have a read of this article from Mind:

www.mind.org.uk/information-support/your-stories/what-is-mental-health-and-mental-wellbeing

URBAN NATURE CHALLENGE



Task 2

Spending time in nature can help improve your mental health and wellbeing, but how?

Read this article and then fill in the blanks in the sentences below:

www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing

1. Feeling anxious can _____ your blood pressure.
2. Something as simple as having a _____ in your room can help reduce anxiety.
3. Spending time in nature improves our _____ span.
4. Residents in neighbourhoods with _____ have a stronger sense of community belonging.
5. A lack of time spent in the natural world is known as _____.

Task 3

Deep breathing and meditation can help to reduce stress and anxiety.

Watch this YouTube video:

www.youtube.com/watch?v=XvKduf5fwi4

While you are watching the video

- Breathe in deeply through your nose for 6 seconds.
- Hold your breath for 2 seconds.
- Breathe out for four seconds.
- Repeat.

If you'd like, you can watch the video twice and continue to think about your breathing.



Use three words to describe how you feel or think about physical feelings and mental feelings.

1. _____
2. _____
3. _____

URBAN NATURE CHALLENGE



Task 4

Paying attention to all of your senses is an important part of practising mindfulness or meditation. Many of us find it difficult to really sit still and just listen – this sound mapping activity should help.

1. Get a piece of paper or even some cardboard from the recycling (the inside of a cereal box could work well) and a pen or pencil.
2. Open a window in your home as wide as it can go and stand in front of it.
3. On your piece of paper or card, write an X to mark where you are standing.
4. Now listen carefully to all of the sounds you can hear outside; you can close your eyes if it helps. Think about natural sounds you can hear and also man-made sounds.
5. Mark on the card the sounds you can hear and where they are coming from; for example there may be a bird singing to your right or children playing in a park behind your home. Be still and quiet and really focus on sounds you can hear.
6. You can draw, write or colour the sounds you can hear around you.



Were there any sounds that you didn't hear that you might normally hear in a city?

URBAN NATURE CHALLENGE



Task 5

In the first lesson you spent some time making maps of your local area. Now is the time to put those mapping skills into practice! Walk to a local park or green space. You will need to take a pen/ pencil and a piece of paper or card with you.

When you are in the park or green space, carry out the sound mapping activity again.

Remember to follow these steps:

1. On your piece of paper or card, write an X to mark where you are standing.
2. Now listen carefully to all of the sounds you can hear outside; you can close your eyes if it helps.
3. Mark on the card the sounds you can hear and where they are coming from; for example there may be a bird singing to your right or children playing in a park behind your home. Be still and quiet and really focus on sounds you can hear.



URBAN NATURE CHALLENGE



Task 6

Congratulations on finishing your sound mapping in the park. Think about the two sound maps you have created.

What sounds did you hear in the park or green space that you didn't hear out of your window?

How do you feel after this session? Are you more anxious, less anxious or the same?

Now that you have finished this worksheet, please SAVE it and send it back to your teacher.

