## YOUR REFLECTION...

After your walk around the Gardens, has your mood changed, do you feel more relaxed, has your wellbeing improved?

## WHAT WAS YOUR MOOD BEFORE THE WALK?

_____

_____

_____

## WHAT IS YOUR MOOD NOW?

_____

_____

_____

## WHAT DID YOU ENJOY MOST ABOUT THE GARDENS?

_____

_____

_____

# FOUR WAYS TO IMPROVE YOUR WELLBEING USING NATURE...

## 1.

**SEEK OUT GREEN SPACES...**
Walking in nature can improve your mood and reduce feelings of stress and anger. If you're struggling to find green space near you, why not try to bring nature to you by introducing houseplants into your personal space?

## 2.

**RELAXATION AND MINDFULNESS...**
Taking time to reflect in natural surroundings can be really positive for your mental health and wellbeing. Spending time in a forest or woodland can help engage your senses, which can ease negative feelings and boost positive ones.

## 3.

**INTERACTING WITH NATURE...**
Being around animals and wildlife can be beneficial for your overall wellbeing. Look around and see if you can spot any birds in the sky. If you can't see them, listen for them instead. The more often you look, the more you will see them!

## 4.

**WILD INSPIRATION...**
Nature can be great inspiration to get creative. As you walk around the Gardens here at Wentworth Woodhouse, take pictures of things that inspire you along the way.

**W**
I WENTWORTH I
WOODHOUSE

# WENTWORTH WELLBEING

ENJOY A MINDFUL WALK IN THE GARDENS AND RE-CONNECT WITH NATURE...

# EXPLORE THE SENSES...

As you explore the Gardens here at Wentworth Woodhouse focus on the things you can see, smell, hear and feel, this will allow your mind to unwind and relax as you wander around the historic grounds.

## I CAN SEE...

_____
_____
_____
_____

## I CAN SMELL...

_____
_____
_____
_____

## I CAN HEAR...

_____
_____
_____
_____

## I CAN FEEL...

_____
_____
_____
_____

# WELLBEING WORD SEARCH

As you walk around the Gardens, see how many things you can spot from the word search below...

```
P C M S E A S O N S G N A F
U F O V Z T O E T V F W B O
N Q F T B L O O M U A P E R
C F S O X D V Y P Z U Q F E
H E N Q N B U I F O N A O S
B O O B A A C I L Q A B P T
O W W P T Q A D O J O U P A
W P D L U I M Y R X S T H R
L S R S R V E L A U P T E T
J L O R E Y L L M G F E A R
G O P P O B L I B T C R S E
F R E S H A I C O A Z F A E
C Q L V U M A X G T V L N S
S Q U I R R E L P M X Y T A
```

Bloom
Butterfly
Camellia
Fauna
Flora

Forest
Fresh
Idyllic
Nature
Pheasant

Punch Bowl
Seasons
Snowdrop
Squirrel
Trees

# MINDFULNESS ACTIVITY...

Here at Wentworth Woodhouse we are renowned for our historic camellias. As you walk around the Gardens, pause for a moment and take some time to draw a replica of the camellia below.