



Vitamin N

Nature is great medicine, that's why some psychologists and mental health workers call nature "Vitamin N". Nature stimulates the senses and helps develop a variety of brain connections. "Fresh air" calms nerves and improves immunity.

Some ideas to do outside:



Collect stones



Hug a tree



Go for a family walk



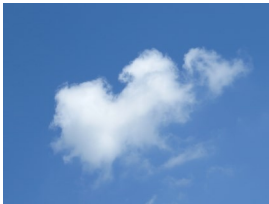
Tickle a chin with a dandelion



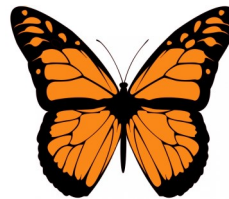
Marvel at a spider web



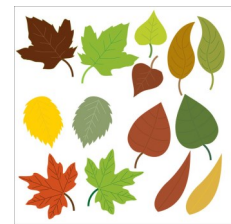
Chirp to the birds



Look for animal shapes in the clouds



Follow a butterfly



Look at the different shapes of leaves



Play in puddles

Have fun! Follow your child's lead and explore the outdoors. Talk about what you see, hear and smell.

