



Natural sounds OF THE GREAT OUTDOORS

GET INVOLVED



We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the guidelines and social distancing measures, it means we can do it safely and without putting ourselves or other people at risk.

With this in mind, we've come up with a series of activities for individuals, groups and families to take part in to make your time outside more enjoyable and fun. We want people to appreciate the wonder of the natural outdoors and getting outside a bit more interesting.

The sounds of nature can have an incredibly therapeutic effect on a person's sense of wellbeing. They can help you to relax and restore concentration. There is nothing more uplifting than hearing the sound of birdsong, grasses and trees gently rustling in the wind, the trickle of a stream or walking through autumn leaves.

AIM

To have a sensory experience of some of nature's sounds.

WHAT YOU'LL NEED

Activity 1 – a windy day and some trees – young tall trees are the best as they are easier to lean on and feel the moment of the tree.

Activity 2 – a still day, a river or stream and clothes to suit the British weather.

Activity 3 – a hat, leaves collected from your walk that have fallen to the ground.

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

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HOW TO...

Activity 1

Go to one of your favourite woodland parks or open spaces that have trees – preferably young tall trees. Start by each selecting a tree – feel the tree's bark, what does it smell of, is it warm or cold. Look up at the canopy of the trees and see the natural way they share out nature's space. Close your eyes and listen to the leaves moving in the wind. Finally put your back to the tree and see if you can feel it moving.

You may feel a bit silly doing this but give it a go – it's great fun and surprisingly calming.

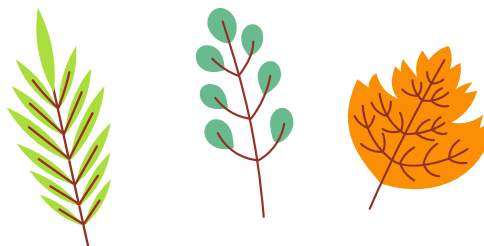
Activity 2

Visit a local open park or woodland with a stream running through it. Walk to the stream and close your eyes – if you don't feel steady on your feet either find a bench to sit on or wall to lean against. What can you feel now that you don't have your eyes open for distraction – a gentle breeze, the smell of the grass? Listen to the stream – what else can you hear as well as the running water? Birdsong, ducks quacking, the gentle chatter of families, what else...? This is a great activity to try to fully experience the sounds of nature that would otherwise be missed.

Activity 3

This is a fun activity that can be carried out within families or a small group. A good time to do this is during Autumn time when there are plenty of leaves on the ground. As a group consider how many 100s of leaves are on the ground and discuss how difficult it would be to pick a leaf, put it back into a big pile of leaves and retrieve it again.

After the discussion select a leaf and study it for about 5 minutes, its shape, any rips or tears, its colour and size. Once you have done this everyone should place their leaf into the hat – shake the hat and then tip the leaves back on the floor. Each person then has to select their original leaf – you'll be amazed at how easy it is to do this!



DID YOU KNOW...

All of the above activities require very little resources and should be able to be accessed by the majority of people. However, if for some reason it is difficult for you to visit your local park or woodland you can still listen to the sounds of nature on the following links on YouTube. Hopefully you will find these relaxing and calming without having to go anywhere:

www.youtube.com/watch?v=eU-ZDMhokD8

www.youtube.com/watch?v=od23CVaq2SQ

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