

Bringing Nature into Our Lives

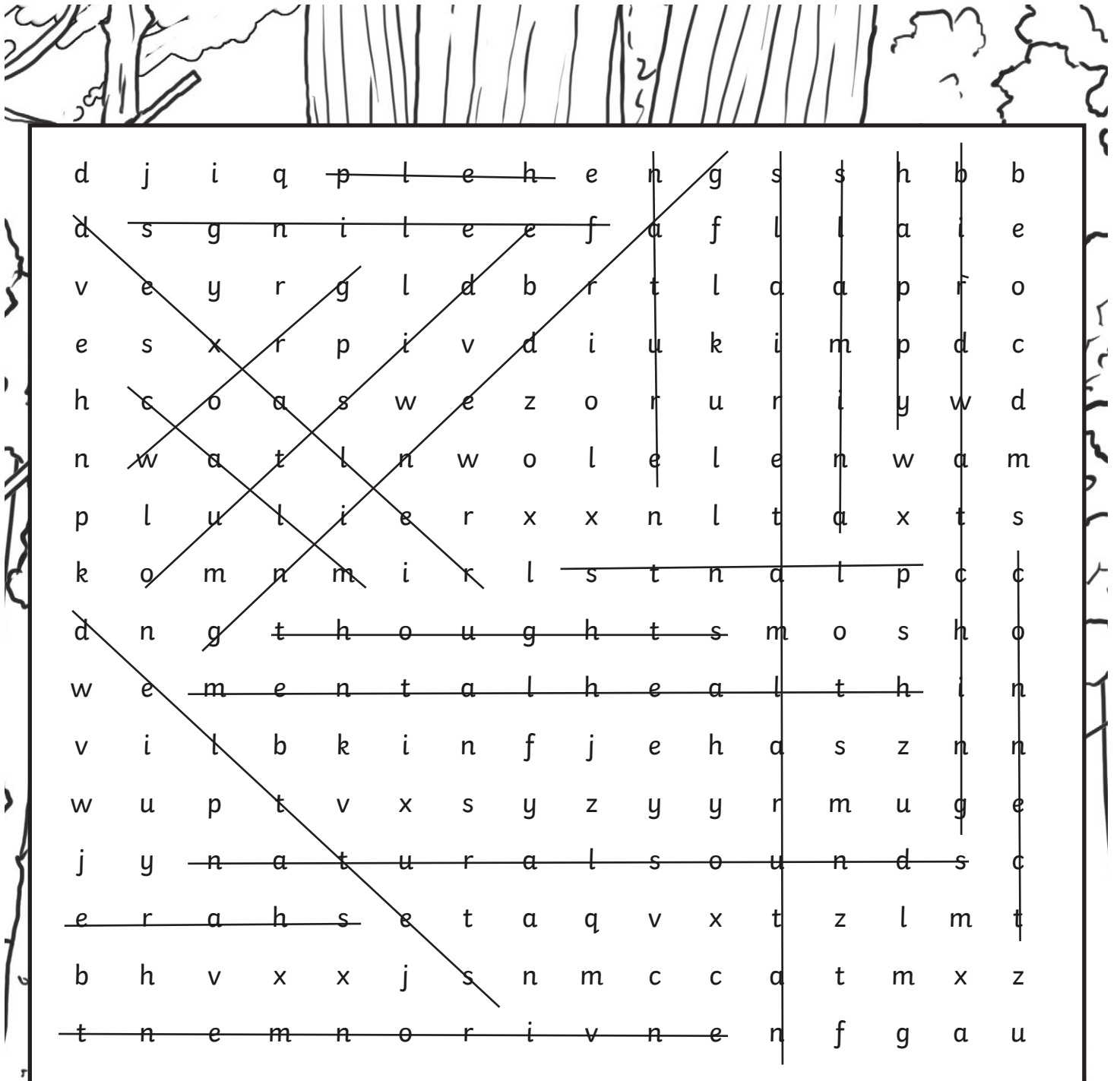
Spending time in nature, or bringing nature into our lives in any way we can helps us to look after our mental health.

As you find each word, think about how you could bring nature into your life in a way that would help you to feel good on the inside.

d j i q p l e h e n g s s h b b
d s g n i l e e f a f l l a i e
v e y r g l d b r t l a a p r o
e s x r p i v d i u k i m p d c
h c o a s w e z o r u r i y w d
n w a t l n w o l e l e n w a m
p l u l i e r x x n l t a x t s
k o m n m i r l s t n a l p c c
d n g t h o u g h t s m o s h o
w e m e n t a l h e a l t h i n
v i l b k i n f j e h a s z n n
w u p t v x s y z y y r m u g e
j y n a t u r a l s o u n d s c
e r a h s e t a q v x t z l m t
b h v x x j s n m c c a t m x z
t n e m n o r i v n e n f g a u

nature	gardening	feelings	settled	natural materials
mental health	birdwatching	environment	relaxed	animals
outside	natural sounds	calm	connect	help
plants	thoughts	happy	grow	share

Bringing Nature into Our Lives - **Answers**



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