Outdoor Family Fun:

Go on an Awe Walk

Take 15 minutes out of your day, find something to be amazed by in nature and enjoy a boost to your mental wellbeing.



The Autumn colours. Sit/lean against a tree to really feel connected to the woodland.



Find some water. Be invigorated by its powerful force or calmed by its stillness.



Look up. Study the sky, the silhouettes of the trees, maybe even watch a falling leaf.



It doesn't have to be a grand view. Take time to discover the little things around you.



Get up close and study the fine detail of leaves, fungi & flowers. Eyes only, no touching.



Studies show having a 15min Awe Walk a day can reduce stress & promote positivity.

TinderSticks

Follow us on Facebook @tindersticksc ic

More info: www.tindersticks.org.uk