

Connecting to nature

Day 1	Find a cosy spot to sit near a window. Perhaps grab a drink and a biscuit and spend some time noticing and appreciating anything that you see.	Day 2	Find a notebook or some paper you can use for any of your nature reflections over the next few weeks. You could start with a title, front page design or border.	Day 3	Appreciate the sky. What colours do you see? Are there any clouds today? Notice their changing shapes and watch as they come and go.	Day 4	Sit by a window for a while and enjoy the sunshine. If the sun doesn't reach you, imagine breathing in warm rays of sunshine through your whole body.	Day 5	Notice the first star appearing in the night sky.	Day 6	Look for a natural object in your home – for example a plant, stone, shell or pine cone. Look closely at your object and notice any details you haven't seen before.
Day 7	Bake something special and shape or decorate it with a nature theme. Bird-shaped bread rolls? Ladybird cupcakes? #bakefornature	Day 8	Start a Wild Window! Use any art materials that you have and create a picture of a woodland creature and pop it in the window #wildwindows	Day 9	Start your day with the dawn chorus, or tune into Birdsong radio. Notice the varieties of rhythm and pitch. How does your body respond as you listen?	Day 10	Notice any signs outside that signal the time of the day eg the activity of birds, quality of light, or sounds from inside or outside your home.	Day 11	Note three good things in nature and write them down. Perhaps look at some photographs for inspiration!	Day 12	Open a window and feel the fresh air on your face, skin and hair. Take a slow deep breath.
Day 13	 Find a film or a book exploring nature and settle in for the night.	Day 14	Read a poem about nature. (You could explore poems by Mary Oliver, Robert Frost, or Wendell Berry or even write your own nature poem.)	Day 15	Notice three more good things in nature – perhaps share your thoughts with someone.	Day 16	Continuing with your Wild Window, draw or make some pollinator plants to put on the windowsill. Find out which plants are great for pollinators online.	Day 17	List all the different things you enjoy most about springtime eg things you see, hear, smell and touch.	Day 18	Bring to mind a time when you felt peaceful or cheerful in nature. Can you tune into that feeling now?
Day 19	Find a natural soundscape online (perhaps the sound of rain, the sea or woodlands). Take a seat, close your eyes and go on an imaginary nature journey.	Day 20	Look for some fascinating animal facts online and get lost in the wonders of nature.	Day 21	Be still for three minutes and listen out for any sounds of nature through your window.	Day 22	From your comfy window spot watch the weather. Can you hear wind or rain? Maybe you can see the shadows cast by the sunshine.	Day 23	Write down three more good things in nature and reflect on your list.	Day 24	Draw or make some pollinators for your plants! Create a "buzz" around your Wild Window.
Day 25	 Listen out for a bird call or find one online and try to copy it. Can you "talk" to a bird?	Day 26	Notice the changing light of a sunrise at the start of the day, or the soft dimming of light at sunset.	Day 27	Bring to mind your favourite season. What do you like most about it? Can you capture that now in pictures or words?	Day 28	Reflect on your connection to nature over the month, what have you enjoyed the most? Perhaps create a reminder of it somewhere in your home.	<p>Some of these ideas have been inspired by our Nature Prescriptions project in Shetland, and our pilot project in Edinburgh, which is currently paused. You can find out more about RSPB's Nature Prescriptions at rspb.org.uk/naturesremedy</p> <p>Find out more about what you can do at www.rspb.org.uk</p> 			