

# FIND YOUR INNER NATURE

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Healthy NATURE  
HEALTHY People

The goal of the walk is to notice as many pleasurable things as possible, slowly, one after another. Using all your senses—sight, smell, sound, touch... maybe even taste

- ▶ Find five different types of leaves – try different colours of green, shapes, textures and sizes
- ▶ Find a natural seat (comfy log or boulder) near water, and listen to the music it produces for five minutes
- ▶ Lift up a rotten log and see how many different insects are hiding
- ▶ Listen to a bird singing. Is its call repetitive or melodic? How many of that type of bird can you hear at once? Is it different to the last bird you heard?
- ▶ Turn over rocks in the stream and look for aquatic insects. There may be snails, mayflies or caddisflies
- ▶ Stop and observe the bark of trees around you. Close your eyes and feel their texture. How do they feel different?
- ▶ Take your shoes off and walk the track barefoot for a while – how different do you feel walking barefoot compared to wearing shoes?
- ▶ Take some deep breaths and concentrate on the smell of nature. Is it sweet, earthy, musky?
- ▶ Look for some flowers on the native trees. Often native trees have inconspicuous but delicate flowers
- ▶ Try to feel which way the wind is blowing, and identify what things move when the wind blows: leaves, grass, flowers, limbs, etc. Notice if there are any signs of wind's effects, like fallen leaves or branches
- ▶ See how many different types of seeds or fruit you can spot. Which trees did they come from?
- ▶ Look for moss. See how many examples of nature's carpet you can find!

TAKE YOUR TIME AND ENJOY!  
THE MORE YOU LOOK THE MORE YOU WILL SEE!



Department of  
Conservation  
*Te Papa Atawhai*

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