



Green Prescription

Nature Fix

- Do the garden
- Water the house plants
- Walk down a tree lined street
- Touch tree bark
- Enjoy 5 minutes of cloud watching
- Observe the birds
- Listen to bird song
- Walk in a city or country park
- Take a long walk in a green space
- Sit and watch water
- Swim in fresh water
- Find a place of water to visit in your neighbourhood like a river, a stream, the sea, the ocean or a waterfall
- Walk to the highest spot in your neighbourhood and enjoy the view
- Befriend a tree
- Pick a wild flower to bring back from a walk
- Go off-line when walking outdoors
- Go foraging
- Smell the fragrance of the wild flowers as you walk

How many times a week

Days of the week I will do this

Time period (for how long or duration)

Open Spaces (parks, commons, woods & green spaces)

Note to Self

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....