

## CONNECT WITH NATURE

Sometimes everyone has hard days. One way to feel better on these days is to spend time around trees or animals or other nature. It's easier to be healthy and happy when we get outside for a while.

### SENSORY NATURE WALK

Go for a sensory nature walk with friends or family.

**STEP 1** Before you start walking, stand still and take 5 deep breaths in. Breathe in through your nose and out through your mouth.

How are you feeling? Happy, calm, nervous, angry? Make sure you repeat this step every 10 minutes on your walk. Do you feel the same each time, or are your feelings changing along the way? Breathing can help us feel much better.

**STEP 2** While you are walking, look around and write down as many things that you notice as possible.

**STEP 3** Challenge yourself to use 4 out of your 5 senses: Sight, Sound, Smell, Touch. (It's best not to use your sense of Taste as we have to be careful not to eat things in nature that could be poisonous!)

Look out for outside things that have different sizes, colours, shapes, textures, sounds, and smells.

**STEP 4** At the end of the walk, stand still and take 5 deep breaths. How are your body and mind feeling now? Tell somebody what you enjoyed most about your nature walk.



GET INTERESTED

## JOBS IN THE NHS

Every day, thousands of people around the United Kingdom work as part of the NHS. Some, such as nurses and doctors, work with people who are ill or injured. Others work behind the scenes to make sure services run smoothly and that money goes to the places and people that need it. There are hundreds of different jobs you could do for the NHS when you grow up.

### NHS CAREERS GAME

Did you know there are over 350 different jobs you can do in the NHS? There are jobs in design, research, science, building, medicine, cooking, cleaning, finance, event planning, fundraising, management, play and youth work, and so much more.

Think about all the different people you know that work in the NHS. They could be a receptionist, a doctor, a porter, someone who does blood tests, or do any of the other hundreds of job types! Ask the people you know who work in the NHS:

There are so many different jobs that the young people that helped us with this pack thought it would be a good idea to turn understanding the job types into a game. Have you ever played a card game where each card is about a different person and tells you all about their skills or things they can do? We want you to create an NHS careers game to play with your friends and families. This game should help you and others find out about the different careers in the NHS.



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NHS  
Careers  
Game

[www.stepintothens.nhs.uk/primary-schools](http://www.stepintothens.nhs.uk/primary-schools)