



**OTR**

# ***GETTING OUTDOORS***

**March 2018**

***THIS BOOK BELONGS TO...***

# GETTING OUTSIDE MORE!

Look at your last week and note every time you weren't inside! Walking to buses, to the shops, lunch breaks etc... It all counts!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Now, have a think about how you can get outside more over the next 7 days! Getting off of a bus a stop early... walking to meet your mates instead of a taxi... Finding a bench outside on your lunchbreak... it's down to you!

- .
- .
- .
- .
- .
- .
- .
- .
- .
- .



## WHAT'S THIS ABOUT?

We often think of being 'outdoors' or 'in nature' as having to be a really big deal, but getting outdoors can be really simple!



# URBAN SAFARI

Pick a nice safe walk around your area, around 10 minutes long. On this walk, try your hardest to really notice:

**1** All the different sounds you can hear. Cars, your breathing, your feet scuffing the floor, birds etc.

**2** How many different colours and shades of colours there are in a given area. Try to think more of a distinction than 'Red' or 'Green. HOW red? Is it a bit purple? Or orange? Is the colour consistent?

**3** What are the different smells? Grass, rain, petrol, smoke. Notice each of them. How do they differ?

## WHAT'S THIS ABOUT?

Part of maintaining good wellbeing is to be able to relax and notice the nice things around us. A popular way to relax is by getting back in touch with our senses and the beauty of the world around us!

# CLOUD GAZING

Find somewhere where you can clearly see the sky and the clouds. Stop for a minute and find a cloud (or many clouds) that you find interesting - what do they look like? Objects, creatures, shapes? Try and note down as many things as you can - and try to see more than one thing in each cloud!



## WHAT'S THIS ABOUT?

To get back in touch with our childlike sense of wonder and use our imagination! Taking a break and thinking creatively is super important to good wellbeing.

# NATURE & OURSELVES

Us Human beings have looked to how nature survives to make sense of life all around the world and all through history. Using this idea, let's look at how the different parts of a tree help it grow, and how we can learn from this too

**Leaves:** What are my goals? What do I want to achieve? Where do I want to be?

**Trunk:** What strengths do I have that make me stand tall and proud? Am I creative? Thoughtful? Determined? (This can be tough, but give it a go. We all have strengths even if sometimes it feels like we don't!)

**Roots:** Who or what things helps me feel safe and grounded? (It might be a particular friend, a place you love, your pet)

## WHAT'S THIS ABOUT?

Trees are very resilient beings. They survive harsh weather, changing environments, and can continue to live long lives. This exercise is designed to look at how we can think of how a tree survives to help us with difficult stuff.



# OTR HASHTAG CHALLENGE: OUTDOORS EDITION

Talking about the outdoors and how it can be good for our wellbeing is great, but the chances are we each already have a space outdoors that means something to us. Whether it be a park where you would go as a kid, a bench that reminds you of someone special or a tree that you once sat and read a book at.

With this in mind, let's celebrate these spaces outdoors by sharing this connection with others, and seeing other people's connections by doing a hashtag challenge with OTR!

## HOW DO I ENTER?

- 1** Go to a place outdoors that really means something to you.
- 2** Take a picture of it!
- 3** Write a couple of sentences about why this is your favourite space outdoors.
- 4** Upload/Share it on Instagram/Twitter with the hashtag #OTROutdoors
- 5** Our favourite posts will be reblogged by OTR as a celebration of the outdoors!

## WHAT'S THIS ABOUT?

OTR is all about getting connected, and what better way than sharing something important to us with others, and having them share things with us too! This activity is also useful for providing us with more motivation to go outside and visit some places we haven't been in a while.

With most things available online at our fingertips including entertainment, learning, shopping and chatting, these days it's so easy to forget to go outside. However, at OTR we believe that getting out and about is a really important part of looking after our wellbeing. This booklet is designed to get you thinking about what you enjoy about the outdoors, and to give you a couple more ideas to inspire you to get you out there!

This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, come and see us at one of our Hubs: [otrbristol.org.uk/what-we-do/hubs](http://otrbristol.org.uk/what-we-do/hubs).

You can also call us for free on 0808 808 9120 (Mon-Fri, 2-5pm).



***FOLLOW US***



***@OTRBRISTOL***