

### Being outdoors makes us happier!

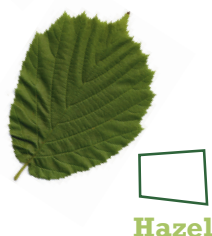
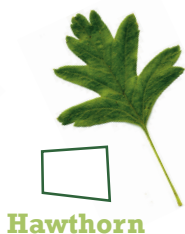
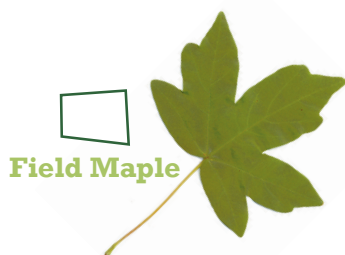
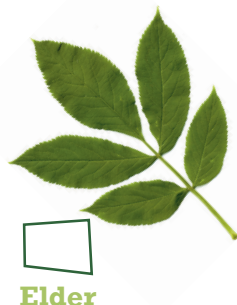
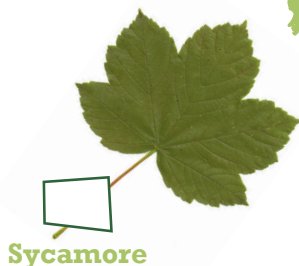
When we are out walking or climbing a hill or taking a stroll by a river, we feel calmer, stress falls away. Even better is not to look at your phone and just enjoy, being outdoors with friends and family. You don't even have to go on a big, long hike, just being outside makes us happier. Smell the wild flowers, hear the bees buzzing and watch wind ripple water on a pond, lake or on a river. Look up , watch the clouds or a bird soaring high above you . Enjoy the rhythm of just walking along using your five sense (sight, touch, hearing, taste, smell). Being outdoors is good for your health and above all makes us happier. **Let's go!**

Be a super spotter! How many trees can you identify?



Leaf ID

Places to look:  
Gardens, Parks, Estates  
and Fields





## Alder

Where did you see it? ..... Date: .....



## Beech

Where did you see it? ..... Date: .....



## Oak

Where did you see it? ..... Date: .....



## Sycamore

Where did you see it? ..... Date: .....



## Elder

Where did you see it? ..... Date: .....



## Ash

Where did you see it? ..... Date: .....



## Birch

Where did you see it? ..... Date: .....



## Holly

Where did you see it? ..... Date: .....



## Horse Chestnut

Where did you see it? ..... Date: .....



## Field Maple

Where did you see it? ..... Date: .....



## Hawthorn

Where did you see it? ..... Date: .....



## Hazel

Where did you see it? ..... Date: .....



## Rowan

Where did you see it? ..... Date: .....

**COVID-19:** It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: [www.hse.ie](http://www.hse.ie) and [www.health.gov.ie](http://www.health.gov.ie)

Nature on Your Doorstep challenge sheet brought to you by Carlow Sports Partnership in collaboration with Blackstairs Eco Trails