

Mini Beast Hunt Challenge

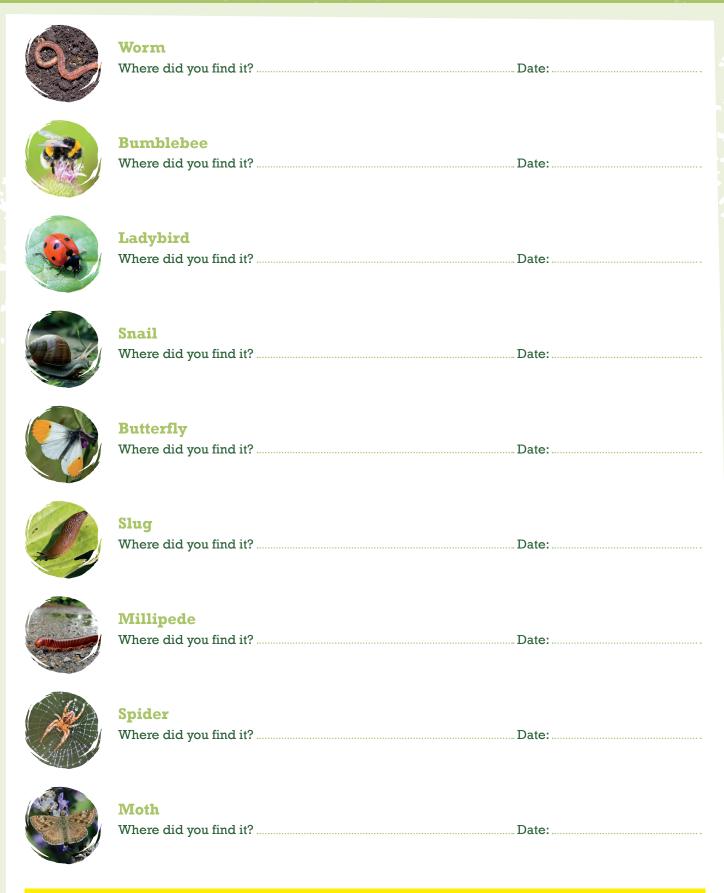


Being outdoors makes us happier!

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







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 and www.health.gov.ie

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











