

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!**



Worm



Bumblebee

Let's all go on a bug hunt!
How many can you spot?



Ladybird



Moth

Mini Beast Hunt



Snail



Spider



Millipede



Butterfly



Slug



Worm

Where did you find it? Date:



Bumblebee

Where did you find it? Date:



Ladybird

Where did you find it? Date:



Snail

Where did you find it? Date:



Butterfly

Where did you find it? Date:



Slug

Where did you find it? Date:



Millipede

Where did you find it? Date:



Spider

Where did you find it? Date:



Moth

Where did you find 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 and www.health.gov.ie

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