

Connect with Nature this summer to boost your mood!

Did you know that spending time outdoors and connecting with nature is proven to be good for our mental, physical and social wellbeing? This summer why not take advantage of the beautiful outdoor spaces we have in Hampshire and discover the joy of connecting with nature?

Hampshire's new [Nature and Mental Wellbeing webpages](#) are packed with free inspiration to help you to reap the feel-good benefits of being outside.

[Sensory walking trails](#): Keep everyone engaged with a range of accessible sensory walking trails. Experience the magic of nature in different seasons and observe how the landscape transforms throughout the year.

[Nature Bingo](#): add a fun twist to a family walk with nature bingo to keep the little ones entertained!

Unleash your creativitree: check out the [Trees for Wellbeing activities by Forestry England](#) to find lots of family-friendly creative ideas. From poems or pictures, to yoga poses and more there are plenty of ideas to engage your inner creative.