

Relax in nature

Walking outdoors has many health benefits. It is easier to breathe in the fresh air. Spending time outdoors will help you sleep better at night and improve your appetite. Getting out into nature or taking a walk in the forest, in particular, reduces your state of alertness and stress level. You can take a walk or explore a nearby forest. You can also try one of the following exercises.

Sensory exercise

Become aware and focus on the environment you are in with all your senses. What sounds can you hear (traffic, birds, the wind)? What fragrances can you smell? What can you see (different colours, small insects, plants)? What do different things feel like (the surface you are standing on, the wind on your skin, a leaf or tree bark)?



Nature vocabulary in Finnish

What familiar plants or animals can you see? Learn their Finnish names using a translation application on your phone.

Nature photography

Look for interesting details in nature and take pictures of them. Finally, pick your favourite picture and send it to a friend.

