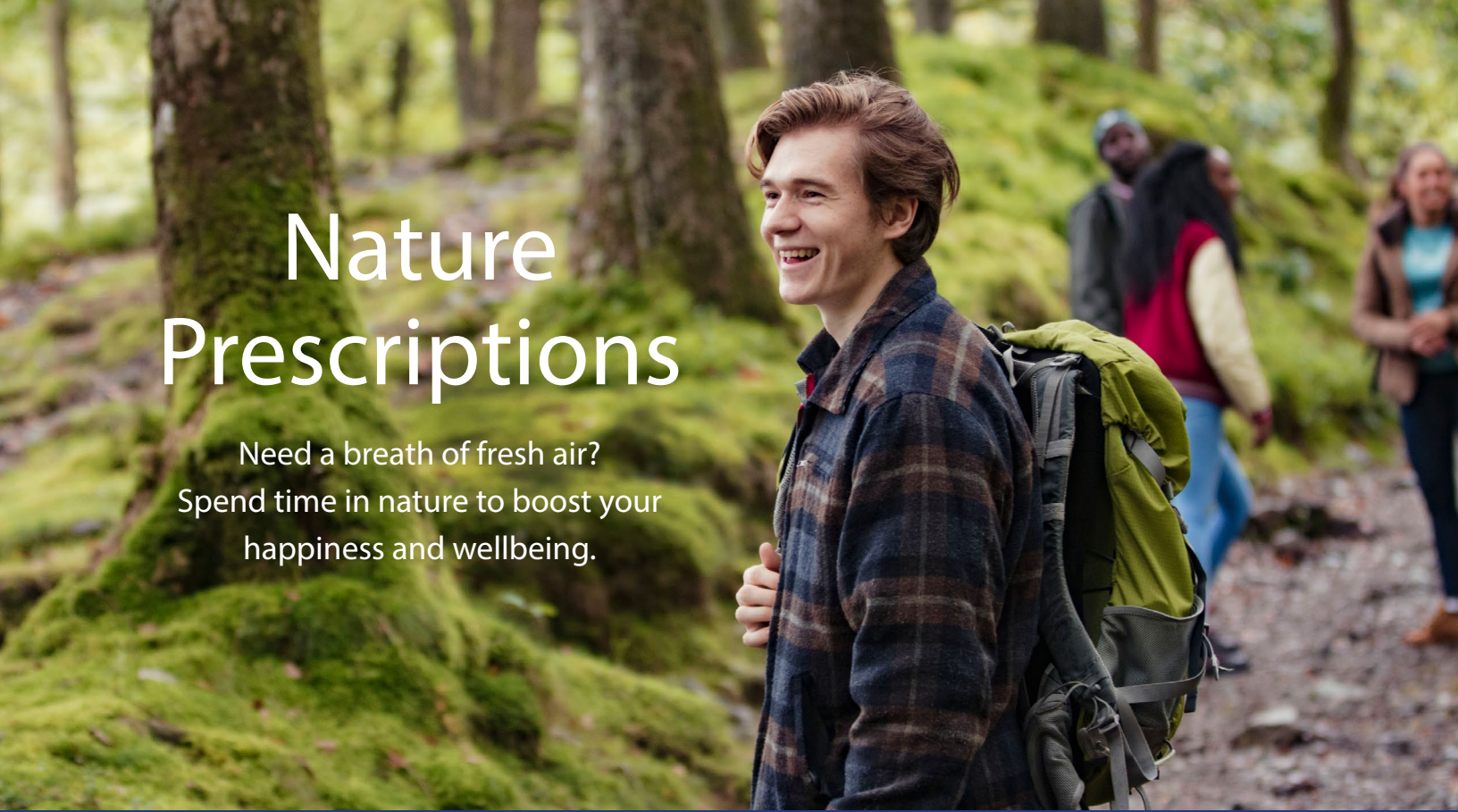


A young man with brown hair, wearing a plaid shirt and a green backpack, is smiling and looking to his right. He is hiking on a dirt path in a forest with mossy tree trunks. Other hikers are visible in the background.

Nature Prescriptions

Need a breath of fresh air?
Spend time in nature to boost your
happiness and wellbeing.

DISCOVER Nature Prescriptions

We all know the transformative power of nature — whether it's the joy we feel after a walk in the park, the serenity of breathing in the ocean air or the awe of watching a sunset. It turns out these feelings aren't just a coincidence. Research confirms that spending time in nature offers endless benefits for both the body and the mind — ranging from improved mood and greater connection to increased positive emotions and better immune function. For autistic individuals, nature provides unique sensory experiences supporting emotional regulation and social engagement. The reality is that humans are spending less and less time in nature — **we need nature now more than ever**. Nature is everywhere and for everyone — no matter where you live or how you choose to connect with it. By intentionally making space for nature in our daily lives, we can tap into nature's profound benefits and boost wellbeing for all. Let's step outside and embrace the restorative power of nature!

Strength Spotting Quick Links

- [Nature Prescriptions Website page](#)
- [LEARN Nature Prescriptions](#)
- [PRACTICE Nature Prescriptions](#)
- TEACH Nature Prescriptions
 - > [Slide Deck](#)
 - > [Unit Study Pack](#)
- [SPREAD Nature Prescriptions](#)

Nature Prescriptions

Learn how nature benefits your health and happiness.

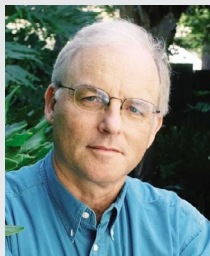


“In every walk with nature, one receives far more than he seeks.”

— John Muir —

SKILL

Nature has an undeniable impact on our wellbeing. Yet, time in nature has been on a steady decline since the 1980s, with people spending more time indoors and disconnected from nature. We need nature now more than ever. Originating from [research](#) on the restorative effects of nature, a **Nature Prescription** encourages you to spend at least **120 minutes per week outdoors** — whether that’s a walk in the park, gardening or simply sitting under a tree. Doctors across the globe are now [prescribing nature](#) to improve mood, reduce anxiety and promote wellbeing. But the key isn’t just time outside — it’s about intentionally cultivating a deeper connection with nature to fully experience its benefits. And the best part? You don’t need to live near an ocean or national park to feel the effects — small doses of nature, or even noticing and incorporating nature into your indoor spaces, can make a big impact. Not all nature experiences look the same. The key is to find what works for you — the spaces, textures, sounds and sensory experiences that bring a sense of joy, serenity and **connection**.



Richard Louv

Richard Louv & Nature-Deficit Disorder

In his groundbreaking book [Last Child in the Woods](#), Richard Louv coined the term “nature-deficit disorder” to describe the adverse effects of reduced exposure to nature—particularly among children. While nature-deficit disorder is not a known medical diagnosis, his work synthesized findings from over 60 scientific studies, highlighting that less time outdoors is linked to increased anxiety, depression and diminished cognitive functioning.

Louv’s research underscores that regular engagement with nature is essential, especially for children, to foster healthy development, improve emotional regulation and cultivate a lifelong connection with the natural world. His follow-up book, [Vitamin N](#), offers practical strategies to help families and educators incorporate nature into everyday life.

LEARN Nature Prescriptions *(continued)*

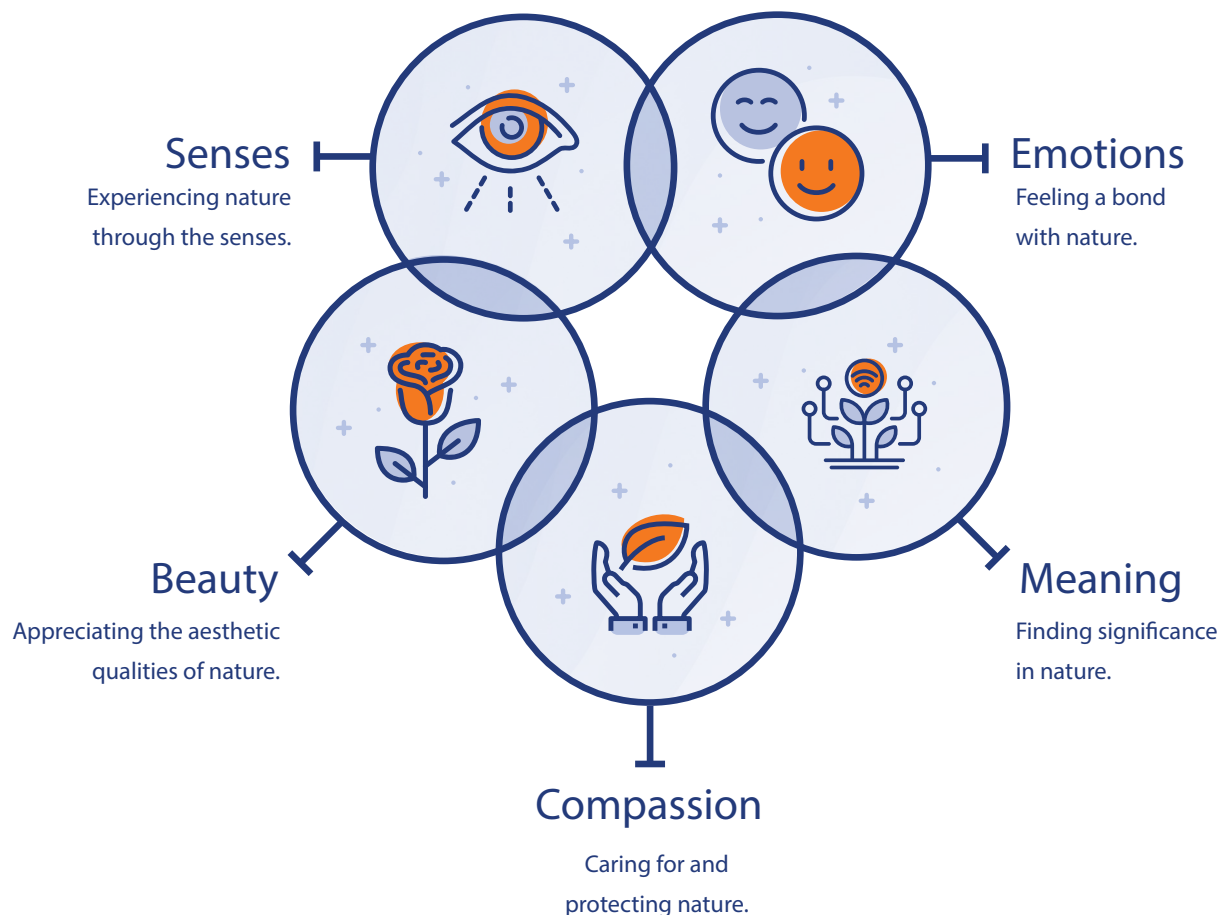
SCIENCE

Time spent in nature promotes happiness, wellbeing and life satisfaction across diverse populations. Nature's benefits are both psychological and physiological — reducing stress, boosting mood, improving heart health, restoring attention and more. For autistic individuals, increased time in nature is linked to improved sensory, social, behavioral functioning, focus and greater subjective wellbeing. Research indicates that at least [120 minutes per week](#) is the dose of nature we need to thrive. If going outside to be in nature feels out of reach, [research](#) shows that simply seeing nature — through a window, a photograph, video or even indoor plants — can have positive effects.

[Nature connectedness](#), one's sense of their place in the natural world and connection to it, is linked to happiness — those with greater nature connectedness are happier. Interacting with nature in any capacity can boost positive emotions like awe, serenity and joy, strengthening our sense of connection to the world around us. Individuals with stronger **nature connectedness** are also more likely to seek out time in nature and engage in pro-environmental actions.

The 5 Pathways to Nature Connectedness

Research shows that there are 5 ways to intentionally cultivate nature connection and improve wellbeing:



LEARN Nature Prescriptions *(continued)*

BENEFITS

People who spend time in nature are more likely to experience:

- Increased prosocial behavior and cooperation
- Increased positive emotions like awe, serenity, and gratitude
- Enhanced self-esteem and resilience
- Increased social connection and empathy
- Decreased blood pressure, asthma, and risk of heart disease
- Enhanced focus and cognitive performance
- Higher levels of life satisfaction and wellbeing
- Reduced stress, depression and anxiety

Additionally, individuals with learning, intellectual and/or developmental disabilities who spend time in nature experience ...

- Improved sensory, social, and behavioral functioning
- Increased attention and focus
- Enhanced emotional regulation
- Improved motor skills
- Greater subjective wellbeing

Nature Prescriptions

Get intentional about making space for nature in your everyday life.



Nature Prescriptions is a positive intervention that must be practiced, repeatedly. Below are a few activities to guide you in exploring nature experiences that feel authentic to you. When engaging in a positive intervention, it helps to track your wellbeing as a measure of success. Before you dive in, take your [PERMA+ Snapshot](#) and see what your score is today. Next, try each of the activities below over the coming weeks and then retake your [PERMA+ Snapshot](#) to see how the positive intervention of Nature Prescriptions impacted your wellbeing.

Try the positive intervention as researchers intended ...

Positive Intervention: Create Your Nature Prescription

A nature prescription is a personalized plan to intentionally spend **120 minutes in nature per week**.

These 120 minutes can be spread across the week in ways that fit your schedule and preferences — whether it's two 60-minute walks, one long hike, six 20-minute outdoor breaks, or even shorter bursts throughout the day. You may choose to spice up your nature experiences by inviting a friend or pet (or maybe going solo is more your jam), practicing mindfulness or savoring, or exploring a new activity in the great outdoors. For the next 6 weeks, try out your Nature Prescription. At the end of each week, take a moment to reflect on your mood and overall wellbeing. (See the resource on pages 3 and 4.)

Once you have completed your first 6 weeks of your Nature Prescription, don't stop there. Explore these additional practices to add more nature into your life.

1. Awe Walks

Research shows that experiencing awe can boost positive emotions, increase feelings of connectedness, and calm our nervous system. You can cultivate a sense of awe and wonder by intentionally noticing the small details and vast beauty of nature. Go for an AweWalk outside that is at least 15 minutes long. Try to maintain a fairly light to moderate pace, and limit phone usage. During your walk, try to approach what you see with fresh, "childlike" eyes — pay attention to all the little details and imagine you're seeing it for the first time. Once you've completed your Awe Walk, take a few minutes to journal and reflect on your experience.

PRACTICE Nature Prescriptions *(continued)*

2. Nature Prescription Boosters

Already have a nature practice that brings you joy? Try spicing up your nature experiences by layering on one or more nature boosters and reflecting on the impact. Could you invite a friend or bring your pet along for a walk? Explore a new nature spot or activity to spark excitement? Take a meal outside when the weather's nice? Or maybe add mindfulness to your outdoor time for an extra boost of peace and connection? There are endless ways to enhance your experiences and connection with nature!

3. Nature Photo Album

Create a photo album dedicated to nature on your phone or digital device. Snap pictures during your nature walks, snow-day adventures, or while sitting outside, and continue to add them to your nature album. You can even set your phone's wallpaper to shuffle through your nature album. This simple use of tech is a fun way to keep the "spirit of nature" alive and help you stay connected to nature throughout the day, even when you're inside.

4. Explore Nature Through Videos and Documentaries

If getting outdoors isn't always possible, spend time experiencing nature through documentaries, nature videos, or even virtual nature tours. Shows like *Planet Earth* or *Our Planet* provide a visual connection to the natural world. In addition, apps or YouTube channels offer live streams of forests, beaches, or animal habitats that can transport you into a calming natural environment, even if you're stuck indoors.

Create Your Nature Prescription

A nature prescription is a personalized plan to intentionally spend 120 minutes in nature per week. These 120 minutes can be spread across the week in ways that fit your schedule and preferences — whether it's two 60-minute walks, one long hike, six 20-minute outdoor breaks, or even shorter bursts throughout the day. You may choose to spice up your experiences in nature by inviting a friend (or maybe going solo is more of your jam), practicing mindfulness or savoring, or exploring a new part of the great outdoors. For the next 6 weeks, try out your Nature Prescription. At the end of each week, take a moment to reflect on your mood and overall wellbeing.

Step 1: Reflect on the types of nature experiences that bring you joy. Circle the activities that resonate or add others to the list.

Garden | Climb | Hike | Watch a Nature Video | Sit in the Park | Swim | Kayak | Walk in the Woods

Jog on the Trail | Camp | Backpack | Meditate Outside | Stroll around the Neighborhood

Ski / Snowboard | Sit by the Window | Bike | Yard Work | Water Sports | Birdwatch | Tend to a Plant

Watch the Sunset or Sunrise | Look at Nature Pictures | Stargaze | Climb a Tree | Sit on the Beach

Fish | Outdoor Yoga | Picnic | Nature Clean-up | Plant a Tree | Boat Ride

Other Ideas: _____

Step 2: Design your own nature prescription by choosing how you'll spend your 120 minutes per week. Be realistic — this practice should feel accessible and sustainable.

I want my nature prescription to include ... _____



← Scan to find a forest
or park near you!

over>>

Step 3: Engage in your nature prescription for 6 weeks. At the end of each week, pause to reflect on your mood, energy, and overall wellbeing.

My Six Week Nature Reflection

Week One — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:

Week Two — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:

Week Three — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:

Week Four — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:

Week Five — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:

Week Six — Nature Activity(s): _____

of Minutes Spent in Nature: _____ PERMA+ Snapshot Score: _____

Reflect on any favorite moments, observations, learnings or what you might adjust next time:



Awe Walk Journal



After your Awe Walk, take a few minutes to pause and reflect.
Use the prompts below to journal about your experience.

1. Where did you go?

Location: _____ Time of walk: _____ Weather: _____

2. What did you notice?

What did you see? _____

What did you hear? _____

What did you smell? _____

What did you feel (touch, temperature, etc.)? _____

3. Did anything surprise or amaze you? _____

4. What emotions did you feel during or after your walk? Circle any that apply, or add your own.

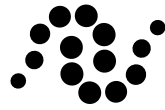
Joy LOVE GRATITUDE AWE Inspiration
AMUSEMENT Serenity Hope INTEREST PRIDE

5. Did you feel more connected to anything?

- ☐ Yourself ☐ Nature ☐ Other people
☐ Something bigger (the world, a sense of meaning or purpose)

6. What will you carry with you from this experience?

Is there something you'd like to remember, return to, or practice more often?



Nature Prescriptions

Unit Study Pack

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Nature Connection Personal Reflection

Write, draw or tell a friend about a favorite place to spend time outside in nature.

What was the activity? _____

Where were you? _____

Who was with you? _____

What did you see, smell, hear, notice? _____

What were the components of the activity that sparked happiness? _____

Nature Connection Personal Reflection

Circle the picture or tell a friend about a favorite place or part of nature.



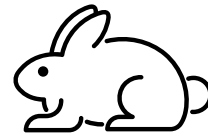
Flowers



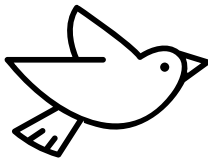
Clouds



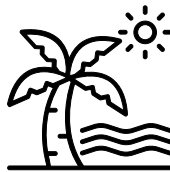
Mountains



Animals



Birds



The Beach



Trees

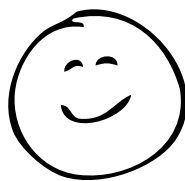


Grass

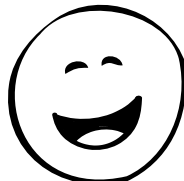
Circle the positive emotion(s) you feel when you spend time in nature.



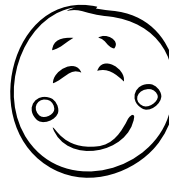
Pride



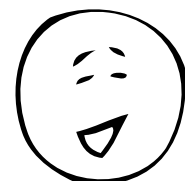
Gratitude



Joy



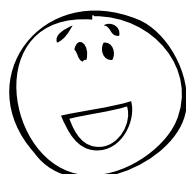
Love



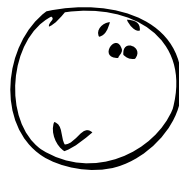
Amusement



Inspiration



Awe



Interest

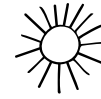


Serenity



Hope

Wild Time Tracker



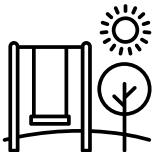
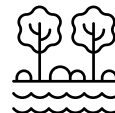
Spending time in nature is awesome for your body, mind, and mood! Use this tracker to record your adventures outdoors — whether it's a walk in the park, cloud-watching, hiking, gardening, or just sitting under a tree.



Date It	Log It Describe what you did and where you were.	Time it # of Minutes	Feel It What Positive Emotions did you experience?

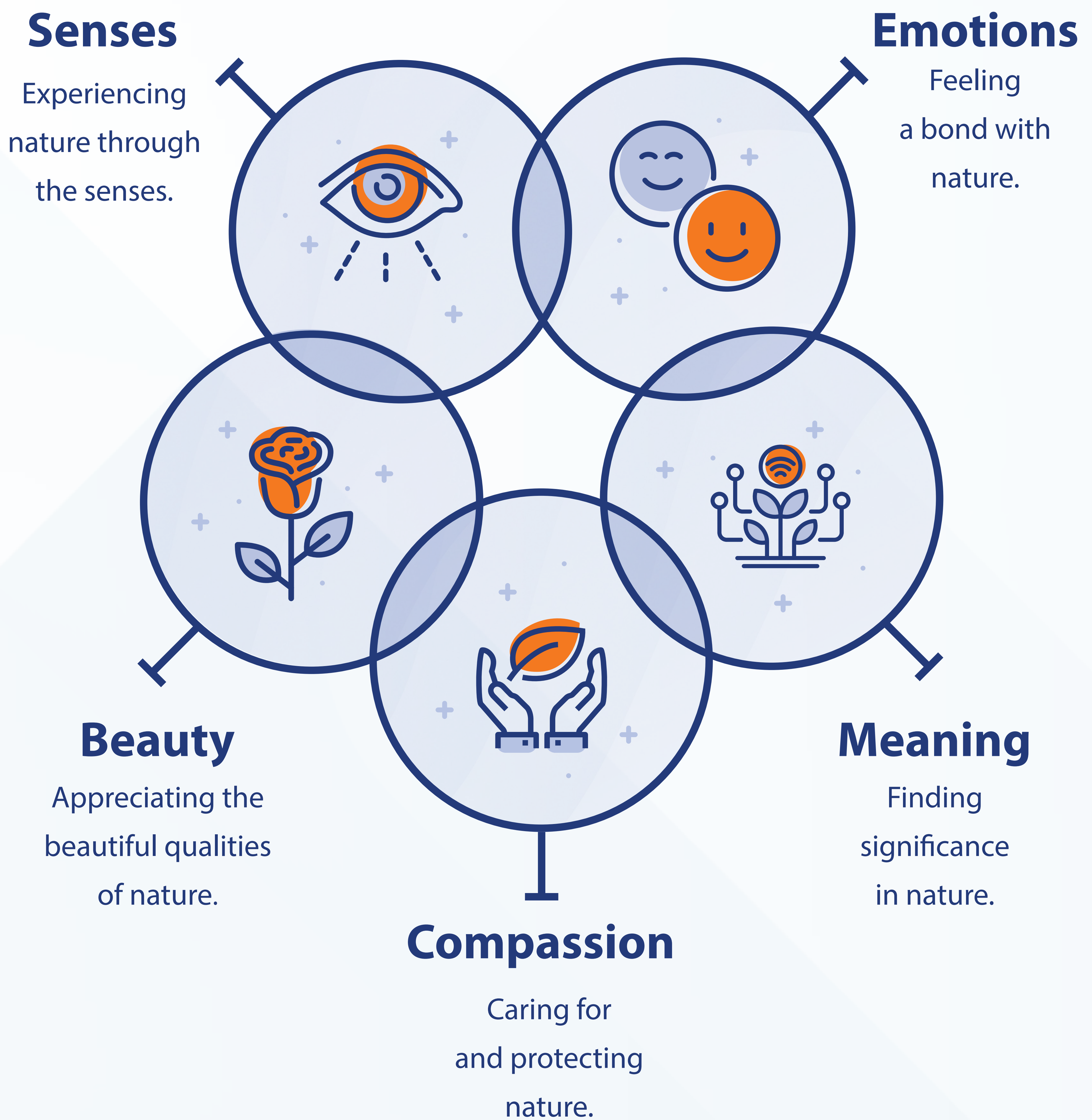
Wild Time Tracker

Spending time in nature is awesome for your body, mind, and mood! Use this tracker to record your adventures outdoors — whether it's a walk in the park, cloud-watching, hiking, going for a bike ride, or just sitting under a tree.

Date It	Log It Describe what you did and where you were.	Time it # of Minutes	Feel It What Positive Emotions did you experience?
	 Park  Hike  Bike Ride  Cloud Watch  Meadow  Visit a Stream	   	Pride Gratitude Joy Love Amusement Awe Inspiration Interest Serenity Hope
	 Park  Hike  Bike Ride  Cloud Watch  Meadow  Visit a Stream	   	Pride Gratitude Joy Love Amusement Awe Inspiration Interest Serenity Hope

The 5 Pathways to Nature Connectedness

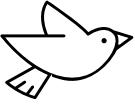
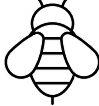
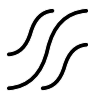
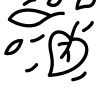
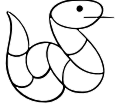
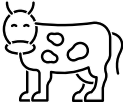
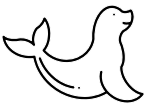
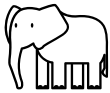
Deepen your connection to nature and experience its many benefits for your wellbeing.



Nature BINGO!

Connect to nature by using your sense of hearing to listen to different sounds.

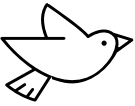
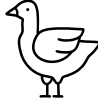
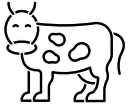
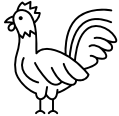
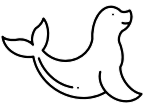
Match them to the pictures on the bingo card. Reach 5 in a row to get BINGO!

 Birds Chirping	 Cricket Chirping	 Bees Buzzing	 Water Flowing	 Owl Hooting
 Thunder Booming	 Ice Cracking	 Rain Falling	 Frog Croaking	 Wind Rustling Leaves
 Woodpecker Pecking	 Ocean Waves	FREE Space!	 Ducks Quacking	 Icicle Melting
 Whale Singing	 Snake Hissing	 Volcano Erupting	 Cow Mooing	 Rooster Crowing
 Wolf Howling	 Seal Barking	 Bat Wings Flapping	 Campfire Crackling	 Elephant Trumpeting

Nature BINGO!

Connect to nature by using your sense of hearing to listen to different sounds.

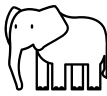
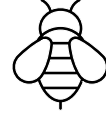
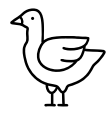
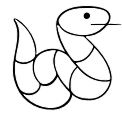
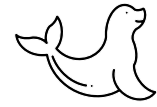
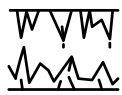
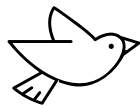
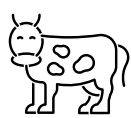
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 Seal Barking	 Volcano Erupting	 Icicle Melting	 Rain Falling	 Owl Hooting

Nature BINGO!

Connect to nature by using your sense of hearing to listen to different sounds.

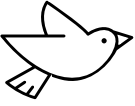
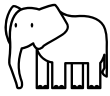
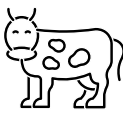
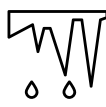
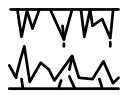
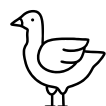
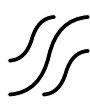
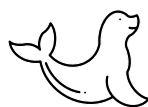
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 Woodpecker Pecking	 Rooster Crowing	 Elephant Trumpeting	 Whale Singing	 Wind Rustling Leaves
 Water Flowing	 Cricket Chirping	 Thunder Booming	 Bees Buzzing	 Owl Hooting
 Campfire Crackling	 Ducks Quacking	FREE Space!	 Snake Hissing	 Seal Barking
 Frog Croaking	 Ice Cracking	 Birds Chirping	 Icicle Melting	 Bat Wings Flapping
 Ocean Waves	 Wolf Howling	 Rain Falling	 Cow Mooing	 Volcano Erupting

Nature BINGO!

Connect to nature by using your sense of hearing to listen to different sounds.

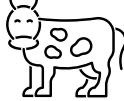
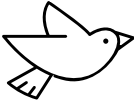
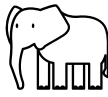
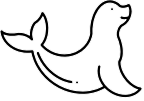
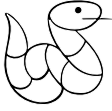
Match them to the pictures on the bingo card. Reach 5 in a row to get BINGO!

 Birds Chirping	 Owl Hooting	 Elephant Trumpeting	 Cricket Chirping	 Volcano Erupting
 Campfire Crackling	 Frog Croaking	 Cow Mooing	 Bees Buzzing	 Wolf Howling
 Woodpecker Pecking	 Icicle Melting	FREE Space!	 Thunder Booming	 Ocean Waves
 Ice Cracking	 Ducks Quacking	 Rooster Crowing	 Water Flowing	 Snake Hissing
 Whale Singing	 Rain Falling	 Seal Barking	 Bat Wings Flapping	 Wind Rustling Leaves

Nature BINGO!

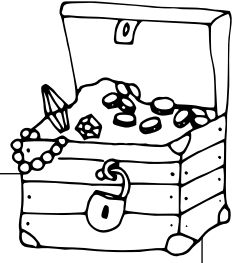
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 Wind Rustling Leaves	 Seal Barking	 Snake Hissing	 Ocean Waves	 Ice Cracking

Nature Treasure Hunt

Explore and find one natural "treasure." Once you find your treasure, draw a picture or write a description of it and answer the questions below.



Draw a picture of your treasure.

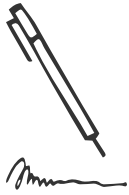
Describe your treasure below.

Answer these questions about your treasure:

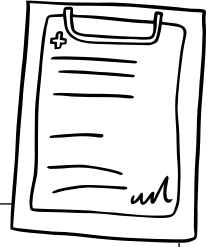
1. What is this? (e.g., a tiny pinecone, a bumpy rock, a patch of moss)

2. How does it make you feel? (e.g., peaceful, curious, joyful, surprised)

3. Why do you think it made you feel that way? (e.g., "It reminded me of a camping trip," "I liked the color,")



My Nature Prescription



Let's create a Nature Prescription just for you. What outdoor activities make you feel happy? Pick from the examples below or choose another activity you love.

Positive Emotions Bank

Joy Love Interest Pride Serenity Inspiration Hope Awe Gratitude Amusement

Outdoor Activity Ideas

Trail Hike Visit a Garden Go to a Meadow Play a Game Outside Cloud Watch
Walk to a Park Splash in a Stream Add Your Own Idea: _____

My Nature Prescription: Create a weekly plan for spending time outside in nature.

Remember, 120 minutes outside each week is the goal to maximize benefits for your wellbeing!

Date	Time of Day	Activity	Positive Emotion	# of Minutes

At the end of your week, reflect on your Nature Prescription:

Did you reach the goal of 120 minutes outside in nature? _____

What activities led to the biggest boost in Positive Emotions?

What activities are you most excited about for next week?

Thank You Postcard to Nature

Think about a special place in nature you're grateful for and why. Reflect on the sounds, smells, sights and memories this place has given you. Imagine nature could receive a thank-you card.

Write a postcard to nature, letting your special place know how deeply you appreciate it.

cut out



Dear _____ ,

WITH MUCH
GRATITUDE

fold
here



Nature Prescriptions

Inspire your community to embrace
the benefits of nature.



“We do not inherit the earth from our ancestors, we borrow it from our children.”

— Native American Proverb —

For Your Family

Nature Prescription Calendar

- Create a family nature-inspired calendar for the upcoming month, where everyone can plan outdoor activities together. Be specific and realistic about when you'll go for walks, hikes, bike rides, or just spend time in the yard or at the park. Consider seasons and weather when scheduling your nature adventures. Mix up the activities to keep it exciting, and try adding extra boosters like inviting a friend or pet, adding mindfulness practices, or going to a new nature spot. Planning in advance can inspire family connection and make it easier to follow through on your weekly Nature Prescription!

Nature Snack Jar

- Many of us enjoy spending time in nature in a variety of ways. As a family, create slips for all the small, easy outdoor activities you enjoy — like a quick walk, 5-minute garden break, 10-minute outdoor mindfulness session, or quick nature YouTube video. Think of this as “micro-dosing nature.” Whenever you need a little nature pick-me-up, pull a slip from the jar and enjoy a quick outdoor moment together. Consider incorporating the Nature Snack Jar into regular routines — to start the day, during a lunch break, or before a meal.

For Your School

Nature Prescription Breaks

- Take every opportunity to get outside during the school day! Encourage students and staff to step outside for fresh air whenever possible, whether it's for a quick stretch break, a nature walk between periods, or a mindful moment in the schoolyard. Nature has the power to recharge everyone and bring more focus and positivity to the school day!

SPREAD Nature Prescriptions *(continued)*

Nature Challenge Day

- Host a school-wide Nature Challenge where students and staff try to spend a designated amount of time outdoors during the day — whether it's walking to school, taking an outdoor lunch break, a reading break under the trees, or even going outside for a nature scavenger hunt or outdoor art session. Encourage everyone to meet the challenge by incorporating various outdoor activities into their day.

For Your Community

Nature for Happiness Bulletin Board

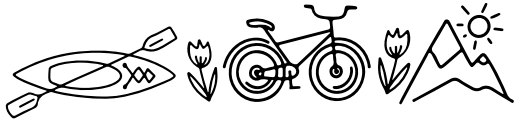
- Create a community bulletin board dedicated to sharing “Nature for Happiness” stories. Encourage people to post their favorite outdoor activities, go-to nature spots, photos of nature, and personal experiences with nature's benefits. This space will remind everyone in the community about the simple joys and benefits of connecting with nature!

Host a Nature for Happiness Event

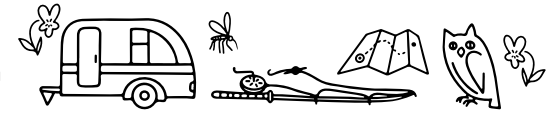
- Consider hosting a community event that brings people together in nature. You could organize a community hike, a nature-based picnic, or a “go green” day in a local park where people practice outdoor mindfulness, plant a tree, or join a nature scavenger hunt. Get creative with your event — any outdoor gathering will help raise awareness about the benefits of nature and inspire others to prioritize time in nature for their happiness.

Nature Prescription Newsletter Spotlight

- Consider spotlighting local nature spots, events, trails, volunteering days, simple ways to incorporate nature into daily life, etc. in your school or community newsletter. Provide details on where to access the nature spots or logistics for the event so that more of your community is aware of opportunities to connect with nature.



Nature Prescription Calendar



Schedule your nature experiences for the next month! Include a variety of activities and locations.

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Nature Snack Jar

Print the slips below and get a jar. Come together as a family to generate your nature snack ideas. Fold the slips and place in your nature snack jar. Pull a nature snack any time your family needs quick outdoor moment together.

WALK AROUND THE BLOCK



10-MINUTE OUTDOOR
MINDFUL SESSION



5-MINUTE GARDEN BREAK



YOUTUBE NATURE VIDEO



