

MAKING ME HAPPY

私のアクティブ・チャレンジ | MY ACTIVE CHALLENGE

I can find happiness by bringing nature indoors!



Why should I try this challenge?

Connecting to nature makes us feel happy and healthy.

At the moment, we must stay at home as much as possible. This challenge helps you to enjoy nature by **bringing the outdoors in!**



How do Japanese people find happiness in nature?

Every spring, Japanese people go to view cherry trees in blossom (Sakura). This tradition is hundreds of years old and is called O-Hanami.

This spring, Japanese people will watch the cherry blossom through the window or look at photos they took last year.



How do Olympic and Paralympic athletes find happiness in nature?

Para rower Benjamin Pritchard has a vegetable patch growing in his garden and looks after houseplants inside. He also has feeding stations for the birds - he keeps a list of all the different species of bird that visit his garden!

Benjamin is a Welsh para rower who is hoping to represent Great Britain at the Tokyo 2020 Paralympic Games. He only took up rowing in late 2016.

What should I do?

Step 1: Warming up

Connect to nature through your window. For example:

- Watch the sky for different colours, cloud shapes, rainbows, stars and moonlight.
- Listen to the weather – wind and rain – or feel sunlight through the glass.
- Notice birds and animals passing by.

Connect to nature in your garden or on your balcony. For example:

- Touch small objects – grass, pebbles, soil, moss: what can you feel?
- Close your eyes and listen carefully: what can you hear?
- Look closely at tiny details: what can you see?

Connect to nature through virtual reality. For example:

- Look at your photos: what natural objects can you see in the background?
- Watch nature programmes: what can you discover about the world?
- Listen to recordings: what can you picture as you listen to the sounds?

Step 2: Taking part

Now bring the outdoors indoors!

The happiness actions will help you. For example:



Connect

Find out your family's favourite flowers, trees, birds or animals. Can you guess?



Discover

Learn a new nature fact every day, e.g. the name of a tree, bird or flower.



Notice

Play 'I Spy' from your room, garden, yard or balcony.



Give

Draw pictures or make objects of nature to put in a gallery for your family to share.



Move

Follow a trail: make a nature quiz and hide the answers around the house or garden.

Step 3: Cooling down



Picture the moment!

When you notice something in nature that makes you happy, take a pretend photo and store it in your memory. Then, if you feel sad in future, you can picture your 'photo' and remember what makes you happy.



More ideas for bringing the outdoors in.

If your family can connect to the internet or social media, these organisations provide information about nature and suggest nature activities you can do at home.

- The Wildlife Trusts: www.wildlifetrusts.org/looking-after-yourself-and-nature
- Woodland Trust: www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolationx2
- The National Trust: www.nationaltrust.org.uk/features/50-things-to-do-before-youre-11-activity-list
- RSPB: <https://www.rspb.org.uk/>
- Butterfly Conservation: <https://butterfly-conservation.org/>
- Bumblebee Conservation: <https://www.bumblebeeconservation.org/>

You can find nature facts on [BBC Bitesize](#): search 'science'.

You can watch nature across the world on [BBC iPlayer](#): search 'science and nature'.

You can listen to birdsong on [BBC Sounds](#): search 'Tweet of the Day'.