



Small moments of joy **in nature**

Listen ?

'I have enjoyed sitting in my garden watching all the hedge sparrows, starlings, blue tits and occasional robin all feeding on my feeders and listening to their chatter amongst themselves. The dawn chorus is so beautiful.'

– National Trust supporter.

Why not try this for yourself. Sit near an open window or find a spot at the back of your garden. Then sit very still without making a sound for three minutes.

Make

Collect sticks, leaves and stones to create some wild art. Or paint your favourite animal on a pebble, paint a nearby tree or draw a flower on the ground using chalk.



Naughts and crosses game made with painted pebbles

As many of us have more time to notice the natural world change outside our window or in our back garden, we're challenging you to experience the small moments of joy nature brings us in five different ways.

Look



Choose one thing to look at.

This could be a tree, the sky, a plant on your windowsill or a spiderweb on the washing line. How does it look at different times of day? You could even go out after dark to see how it looks in the moonlight.

A chaffinch perched on a bench

Discover

'We're making lists of all the garden birds and butterflies we've spotted enjoying the lovely spring sunshine. We've also discovered a hedgehog who visits each evening.'

– National Trust supporter.

Do you know the name of the tree outside your window? How many different birds or creepy crawlies can you spot or hear in 20 minutes?

Share

We'd love to see your poems, paintings and pictures inspired by the moments of joy nature has given you. **Share your stories on our social media, and with friends and family.**

