

Take a pause...

Let yourself be curious, playful, and use your imagination as you rediscover your connection to nature.

AVIARY

Make a list of 3 “good things” in nature as you set out to explore. Share with a family member, friend or our staff!

POND

Take a deep breath in through your nose, and then release the breath. Notice how the breath is cool as it enters, warm as it leaves.

NESTBOX

Notice a sign of spring. Is it something you can see? Touch? Is it loud or quiet, near or far? Does it bring back memories?

GARDENS

Celebrate plants as they begin to wake and bloom. Find a budding leaf, newly sprouted grass, or a flower waiting to burst.

BAY TREES

What do you have to offer today? A smile, pleasant greeting, or a friendly wave could bring cheer.

BEE TREE SCULPTURE

Create some land art using what you can find nearby. Spend time selecting your natural materials, and allow yourself to change or add detail until you're happy with the result.



Five Ways to a Wild Wellbeing



BE ACTIVE



CONNECT



GIVE



TAKE NOTICE



LEARN

newcastle-staffs.gov.uk/wellbeing

Self-led activities and resources developed by Staffordshire Wildlife Trust and Brampton Museum volunteers as part of the Wild about Brampton Project which has received funding from the UK Government through the UK Shared Prosperity Fund.



50p

Wild Wellbeing

SPRING SAUNTER



Self-led, seasonal trail to improve your mental and physical health by spending time outdoors and celebrating changes in nature.



Staffordshire
Wildlife Trust

Grounds Surrounding Brampton Museum

AVIARY



NESTBOX



BAY TREES



GARDENS



Sensory Garden



POND



BEE TREE SCULPTURE



Sand pit



Pomona
Kiln Base



Petrichor is the term used for the smell of rain. The word comes from the Greek words 'petra', meaning stone, and 'ichor', which in Greek mythology refers to the golden fluid that flows in the veins of the immortals.



WILDLIFE SEEN TODAY

You can help wildlife by sharing what you have seen with Staffordshire Ecological Record so they can better monitor our county's wildlife:
<https://irecord.org.uk/ser-enter-records>