

NATURE

CALM-DOWN ACTIVITIES

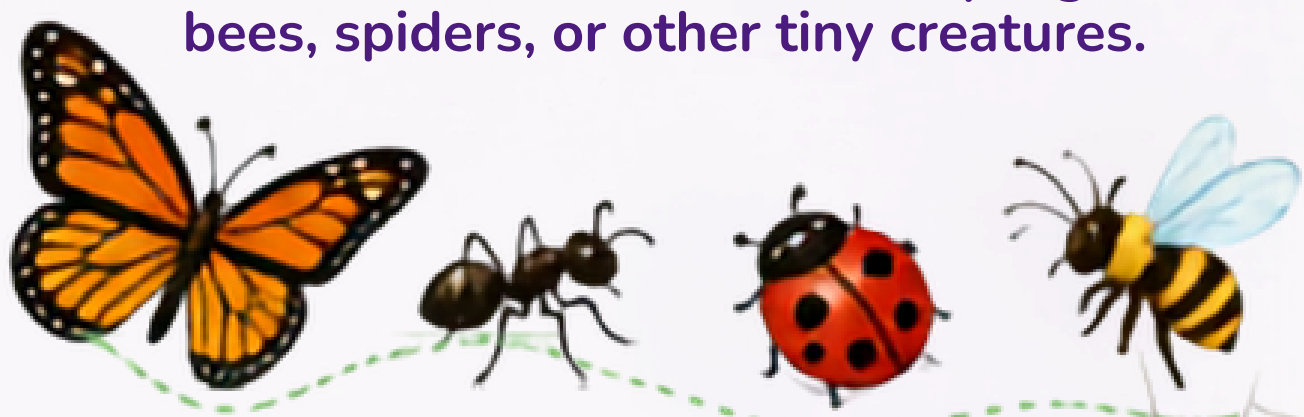
SMALL ADVENTURES. CALM MOMENTS. A HAPPIER MIND.

Living with epilepsy can sometimes bring stress, worries, or big feelings. Spending a few minutes outside can give your mind and body a chance to **slow down and recharge**.

1 BUG DETECTIVE

Become a tiny-creature explorer!

Look for butterflies, ants, ladybugs, bees, spiders, or other tiny creatures.



Watch quietly and notice:

- Where are they going?
- What are they doing?
- What colours can you see?
- Are they alone or with others?



CHALLENGE:

Can you find 3 different kinds of bugs?



WHY IT HELPS:

Focusing on something interesting around you can take your attention away from worries and help you feel more present, curious, and calm.

REMEMBER:



You don't have to make your worries disappear. Sometimes, all your mind needs is a few quiet minutes to pause and recharge.

Choose a safe outdoor space and have a trusted adult nearby when appropriate. Never touch or disturb unfamiliar insects, animals, or plants.

HUG A TREE—OR LEAN AGAINST ONE

Connect with nature!

Find a safe, sturdy tree and gently place your hands on the bark—or simply lean against it if that feels comfortable.

Notice:

- Is the bark rough or smooth?
- Does it feel warm or cool?
- What patterns can you see?
- What sounds can you hear around you?

CHALLENGE:

Can you find the tree with the most interesting bark?

WHY IT HELPS:

Paying attention to what you can see, feel, and hear can help you feel grounded, relaxed, and more connected to the present moment.



YOUR 5-MINUTE NATURE BREAK

LOOK

for tiny creatures.

TOUCH

the tree bark.

LISTEN

to nature.

BREATHE

slowly and comfortably.

NOTICE

how you feel afterward.