

# Bringing Nature into Our Lives

Spending time in nature, or bringing nature into our lives in any way we can, helps us to look after our mental health.

Write an acrostic poem to describe what being in nature means to you or how people could bring nature into their lives to help them feel good on the inside.

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This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).