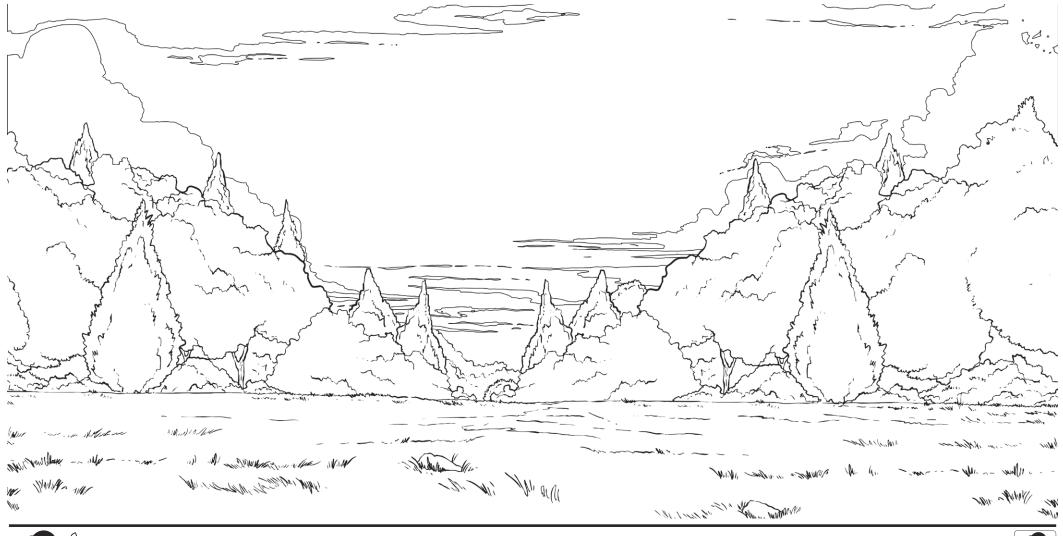# Bringing Nature into Our Lives

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

As you colour the picture, think about how you could bring nature into your life in a way that would help you to feel good on the inside.