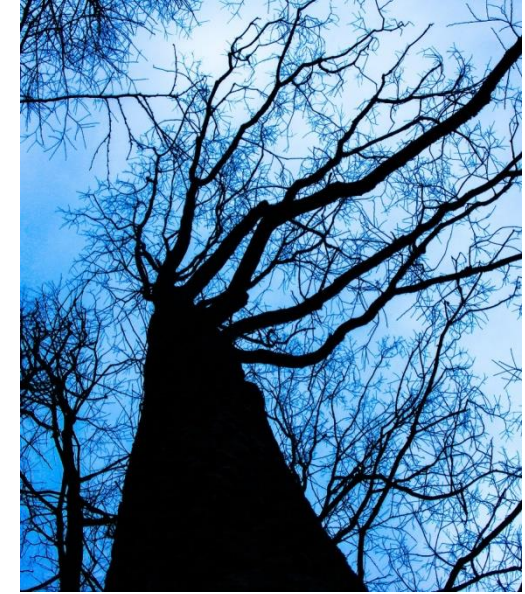
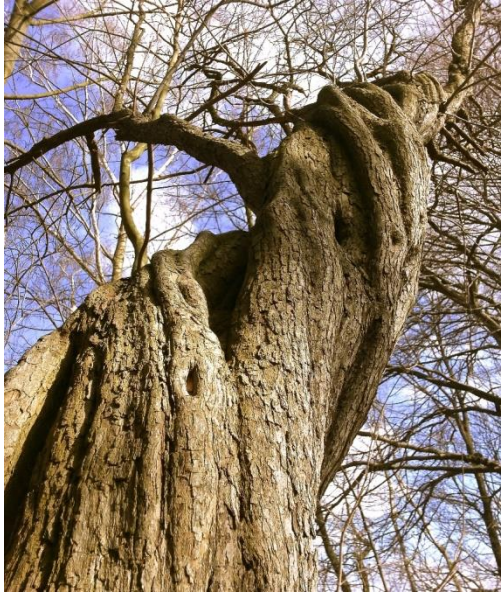


Nursery Remote Learning Hug a Tree



You will need

A walk in a park, forest or woodland area

What to do

Tree hugging has been shown to soothe and strengthen body and mind. Simply seeing trees makes us feel calmer, leading to lower heart rate and blood pressure. ... plus, hugging a tree (just like hugging a human) increases levels of oxytocin, aka the love hormone, which reduces stress and increases happiness. You can find out more here

<https://journal.getaway.house/a-history-of-tree-hugging/>

Find a tree and wrap your arms around it, feel the bark, look up, talk about what you can see, listen, what can you hear? Enjoy the calming effect on your body and mind, find another tree and repeat.