

WELL-BEING IN NATURE Cards



**Target group: elementary school,
middle school**

These cards can be used to reflect on the well-being effects of individual nature- or outdoor-learning exercises, or nature excursions. Students can use them to consider, based on their own experiences, what kinds of well-being effects being in nature, and guided activities or tasks had on them. Small groups can discuss which of the card statements were realised during the exercises or the trip. Each group is given their own deck of cards.

The cards can also be used as wish cards: What well-being effects would students especially like to experience during nature trips or outdoor learning?



**Versioning for early childhood
education**

The teacher or instructor reads the cards aloud, and children show a thumbs up or raise their hands if they agree with the statement.



I learned
something new

It was nice
to do things
together



It made me
happy!



It was easy
for me



to focus



I got excited!

I got new
ideas



Nature
helped me
calm down



Being in nature
cheered me up



I managed to
keep trying
to solve the
task for a
long time



I made many
observations
about nature



I moved in many
different ways



My thoughts
flowed easily

