

Flower Walk

Outdoor Activities | Crafts



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WHAT MAKES IT MEANINGFUL

Being outside is beneficial for mindfulness and overall well being. Fostering a connection with nature is a catalyst for personal growth, adventure, building resilience and confidence. Nature is a rich source of creativity and inspiration, enhancing artistic expression and problem-solving abilities. Take time, enjoy the sun and smell the flowers; It's the small things that contribute to big change in good health.

TIME

30 minutes to an hour. Go for longer or less depending on inspiration and comfort!

MATERIALS

Cost range: \$1-\$5

- Drawing material (Marker, pen, pencil, crayon)
- Cardboard or Paper
- Access to nature (park, gardens, trails, sidewalks)
- Comfortable walking shoes

Optional:

- Customization (glitter, paint, stickers)
- Music

Music is very stimulating and often calming. Playing music in the background while crafting or while out for your walk may be



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INSTRUCTIONS

1. Take a blank piece of cardboard or paper and cut it to size. Size may vary depending on preference. Make it as big or small as you like.
2. Draw an outline of a vase on cardboard/paper (see pictures below for inspiration)
3. Take a pencil or marker and poke holes above the vase (Don't be shy asking for assistance, this step requires some force). Add as many as you'd like. The more holes, the more flowers to hold!
4. Put on your best pair of walking shoes and take your vase out for a walk and collect any flower you see along the way! Try finding a variety to make a full and diverse bouquet.
5. Put the flowers you find through the holes as you go (see pictures below). Building your bouquet flower by flower.
6. Be mindful of private gardens and flowers on private property!

RESOURCES

- Video Tutorials:
https://www.tiktok.com/@lulu.lettuce/video/7372635348859407622?is_from_webapp=1&sender_device=pc ,
https://www.tiktok.com/@dancegirlss/video/7383993483737992465?is_from_webapp=1&sender_device=pc , <https://www.tiktok.com/@recoveryxeats/photo/7373485736257080622>
- Additional research on how nature positively contributes to health:
<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

SUPPORTS NEEDED

Some individuals may need support drawing/decorating their vases. Assistance is also recommended for poking the flower holes. Others may need assistance on their walk and picking the flowers.

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