

Walk With Nature – Easy-Read



We live in a beautiful country with lots of wildlife and nature.



Nature includes plants, insects, trees, animals, and birds.



It is easy to find nature.



We have nature on our streets – in gardens, hedges and trees.



We have nature in fun places to visit – like parks, zoos, and nature reserves.



This guide will help you enjoy nature when you are outdoors.



Walking and being out in the fresh air can help us to feel happy and healthy.

Enjoy looking at nature



When you are walking, look around to **see** the nature around you.



You might **see** birds.



You might **see** plants.



You might **see** insects.

Enjoy the smells of nature



You can also enjoy the **smells** of nature.



You might **smell** flowers.



You might **smell** soil after the rain.



You might **smell** freshly cut grass.

Enjoy listening to nature



When you are walking, think about the nature you can **hear**.



You might **hear** birds singing.



You might **hear** the wind blowing.



You might **hear** insects buzzing.

Enjoy touching nature



When you are walking, think about the nature you can **feel**.



You might **feel** the wind blowing on your face.



You might **feel** the warm sun.



You might **feel** the sticky mud.



You might **feel** the dry, crispy leaves.

Enjoy a Nature Walk



We can find nature everywhere!



Nature can be found where we live.
It is in our gardens and the birds in the sky.
It is the pets in our homes.



Nature can be close by, like in our local parks, rivers and canals.



Nature can be in special places like nature reserves, forests, woods or even the seaside.



You can also find nature in zoos, aquariums and safari parks.



All these different areas are great places for you to enjoy walking.



Would you like to go for a walk and see nature?
What would you like to do?