

NATURE & ME



We all go through tough times and when we do, it's good to know what can help us.
What are some things that help you feel happy or calm outdoors?

MY NAME IS

BEING OUTSIDE MAKES ME FEEL...

HOME GROWN ON THE

MORNINGTON PENINSULA



IT'S OKAY, NOT TO BE OKAY

MY FAVOURITE OUTDOOR PLACE THAT
MAKES ME FEEL CALM OR HAPPY

WHAT IS SOMETHING FROM NATURE
THAT MAKES YOU SMILE?

MY FAVOURITE OUTDOOR ACTIVITY IS

THINGS I CAN DO WITH OTHERS THAT
MAKE ME FEEL GOOD