

## Colour matching

### A simple nature connectedness activity

Taking a moment to connect with nature can boost wellbeing and alleviate anxiety. We invite you to try this simple activity to slow down, pay attention and enjoy the garden.

Take a gentle walk and look for garden plants or items the same colours as the colour palette on the back of this leaflet. How close a match can you find?

- What do you notice?
- Are you surprised by what matches?
- What do the colours remind you of?



You might like to sketch or write a poem in response to what you've noticed.

Enjoyed this? Pick up a paint colour chart from your local DIY shop and match more colours.

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