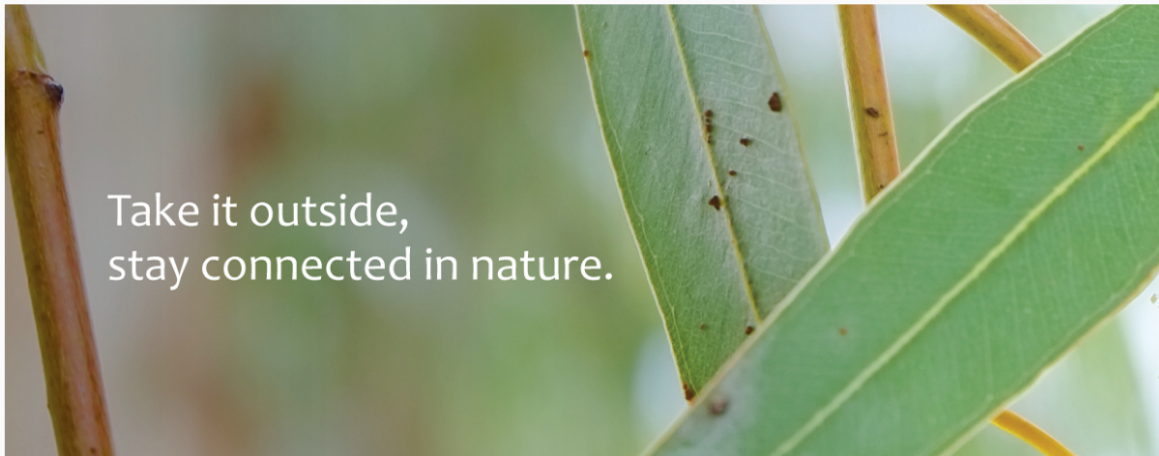


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Time in nature heals, enlivens, calms and connects us all.

Making a **#NaturePact** is about more than simply spending time outside. We hope to encourage you to explore and connect outside in nature.

To help you on your journey, we will be sending you a weekly theme to guide you when you are out getting your daily Nature Dose.

Our **#NaturePact** theme for week 1, in honour of Spring, is:
New and Emerging nature

What new and emerging nature can you find? Maybe it's a new leaf or flower blooming on your favourite plant, a new plant or tree, or a nature space destination that's 'new' to you!

Whatever New/Emerging means to you, we want to see it!

Please share your photos of new or emerging nature on Instagram before 6pm on Tuesday 10 Nov. add the **#NaturePact** hashtag and tag [@peopleparks](#) for a

chance to win a nature-based prize.

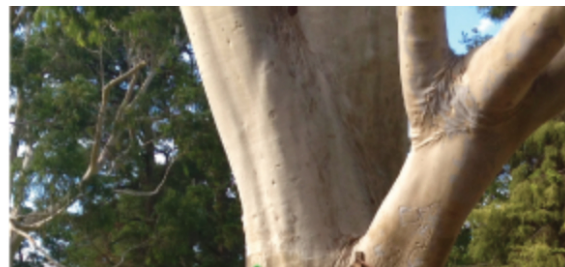
If you haven't already made your #NaturePact, we invite you to make your pact [here](#) now!



This November we're calling on everyone, young or old, near or far, to make a **#NaturePact** and dose up on nature for a month – that's 30 minutes in nature a day, every day for 30 days.

What's a Nature Dose? Easy – it's you in nature, noticing nature. Whatever you're doing – at work, rest, play or commute – take it outside and connect in nature.

No nature nearby? Let's fix that. In the meantime, nature-spaces will do. Take a walk and notice your neighbours' plants, street trees, birds, the local park. It's amazing where you'll notice nature.





To make your #NaturePact:

1. Click [here](#) to sign up and make a #NaturePact with a family member, friend or colleague
2. Share your experiences being in and noticing nature on your social media. Remember to tag your post using **#NaturePact** and you'll have the chance to win some beautiful nature-based prizes from our valued partners
3. Stay tuned for special themes and challenges to motivate and inspire

Make Pact

#NaturePact Guides



Download

Next step? Take it outside, connect in nature!

Kind regards,
Alison

PS Make your **#NaturePact** today,
your mind and body will thank you.

#LiveNatureWise #DailyNatureDose

Have you made your
#NaturePact?

info@peopleandparks.org



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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