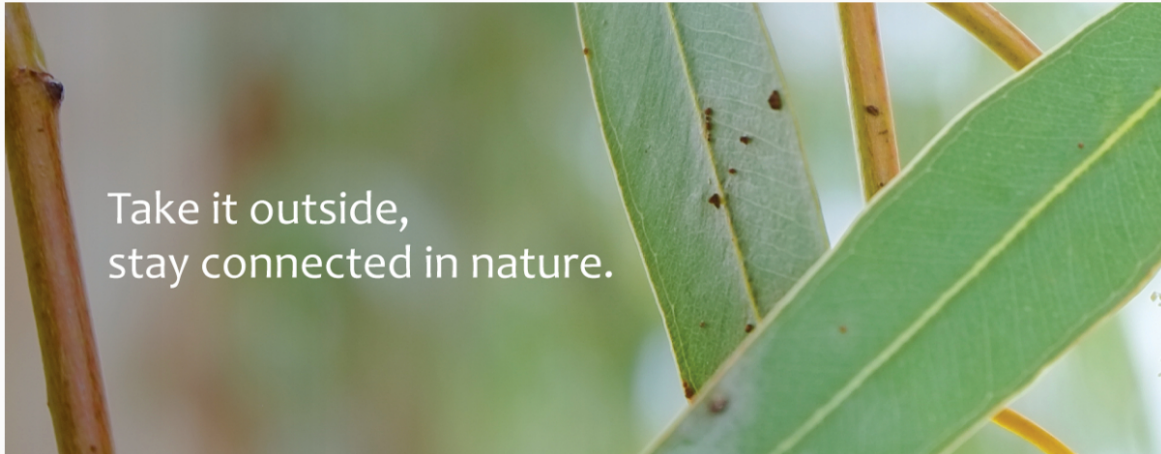


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Take it outside,
stay connected in nature.



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

We are well into November, but that doesn't mean it's too late to make your **#NaturePact!** You can make your **#NaturePact** at any time to spend 30 minutes for 30 days outside in nature.

Our **#NaturePact** theme for week 3, is **Animals in Nature!**



Share a snap of your furry, four-legged friends, or fascinating wildlife, you notice in nature - birds, insects, even drop bears (kidding)!

Share your pic on Instagram before 6pm on Wednesday 25 Nov, add the **#NaturePact** hashtag and tag [@peopleparks](#) for a chance to win one of our marvellous nature-based prizes.

If you haven't already made your #NaturePact, there's no time like right [now!](#)

WIN

Here are some of the incredible prizes you can win!



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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