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Time with nature is always time well spent.

As September draws to a close, so too does our #NaturePact campaign for 2021.

This year we invited individuals and communities around the world to join **the #NaturePact movement**, and to those of you near and afar who took up our 'call to outside', thank you!

We hope our weekly themes helped you find new ways, reasons, and places to connect with nature, even when staying close to home. Throughout this campaign, we invited you to experiment with connecting with nature by:

Week 1: **Acknowledging Country**

Week 2: **Taking Your Nature Dose**

Week 3: **Forest Bathing and Rock Basking**

Week 4: **Nurturing Native Nature**

We also hope that you learned something about **your own personal Nature Dose** and what types of connection with nature work best for you, and when.

For me, late afternoon walks around the neighbourhood with the air full of Jasmine and sunlight shining through blossoms have been a spirit-lifting tonic.

to our partners and prize partners who supported the #NaturePact campaign this year, **thank you for making this campaign a blooming success**. Your active partnership creates the reach and momentum we need to get as many people as possible outside and connecting with nature.

Speaking of reach and momentum, congratulations to our partners, [Media Stockade](#) and [Threshold Pictures](#), for their stunning, engaging and inspiring documentary series, [#BacktoNatureAU](#) hosted by Aaron Pederson and Holly Ringland. The series introduced us to fascinating discoveries about Australian nature, and we were privileged to hear Traditional Owners tell their stories about connection to Country.

With September being **Biodiversity Month**, we talked about the importance of native plants and habitats and shared with you our partner, Phillip Johnston Landscaping's plans for [The Chelsea Australian Garden, Olinda](#) to be constructed at a huge scale in the Dandenong Ranges Botanical Gardens, showcasing hundreds of Australian native plants from around the country.

So, while our 2021 #NaturePact campaign is winding down, don't let that stop you from **keeping up your #NaturePact** to spend regular, intentional time connecting with nature. Your immune, endocrine, and nervous systems will all thank you for it.

Here are a few ideas from us for keeping your #NaturePact to make a meaningful connection with nature all year round:

- Spend time observing nature. Not a good day to head outside?
- Open your curtains and absorb and observe nature from the comfort of your couch
- Discover new things about nature by reading a book, listening to a podcast, or following a nature blog. Expand your knowledge of the world around you, and your connection with nature will strengthen
- If you can, spend some time outdoors. Sit on the balcony, stand on your front lawn, or take yourself for a walk around the neighbourhood. Breathe deeply and engage all your senses to connect with surrounding nature.
- Select a new house plant, care for it, and watch it thrive and grow
- Make plans with a family member, friend, or colleague to spend the weekend exploring deeper nature settings

Want to stay connected with the People and Parks Foundation and learn more about the projects we're working on? Keep in touch with us and our work to connect more people with nature, for improved human and planetary health, [here](#).





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WIN

Some of the fantastic prizes donated by our partners included the following:



Stay connected with us and receive regular inspiration as well as interesting facts and articles about the benefits of connecting with nature by following us on social media.

Remember, we are all a part of nature and nature connects us all. This means **when we care for nature we are caring for ourselves and others as well**, which is definitely time well spent.

Kind regards
Alison Hill
Managing Director
The People and Parks Foundation

"Nature – where we come to life!"

Stay connected

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

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