

NATURE NUDDGE CARDS

Building connection to nature in moments, not minutes

Botanic Gardens of
SOUTH AUSTRALIA



HOW TO USE

Use these cards when you, or someone you care about could do with a quick reset, or when emotions run high. Each card invites you to pause, notice, and reconnect through nature-inspired mindfulness. You may like to print this page double sided and cut out the cards to keep on your desk at work or on the kitchen table for the whole family to use! Find extensions to each Nature Nudge on the back.

Designed to be used by people of all ages and repeated across the changing seasons, you may like to take part in these moments as a family, with loved ones or take time to reconnect by yourself.

Spot something tiny and something tall in nature nearby

Step outside into a garden or nearby green space. Find four different shades of the same colour

Find something that moves in nature and watch it for 30 seconds

Walk quietly for one minute and count how many bird or insect sounds you notice

Stand still like a tree and imagine your feet are growing roots into the earth

Find something smooth and something rough to touch

Try to find something in nature that starts with the same letter as your name

Gently count the petals on a flower

Close your eyes and listen for three nature sounds close by

Look for a pattern in nature and observe it for one minute

Stand quietly and notice the weather. Is it warm, cool, windy?

Take five big, slow steps and notice how your feet feel on the ground

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EXTENDING THE MOMENT - YELLOW SIDE

Sometimes a simple pause is enough. Other times, we need a little more space to breathe, notice and learn. This side of the Nature Nudge cards offer an optional extension. A gentle way to stay in the moment a little longer through mindful noticing, creativity, or reflection.

These extensions have been designed to encourage the practises of self-awareness, reflection, empathy, and creative problem-solving, while strengthening your understanding of sustainability and connection to nature.



What do you think would happen if you watched for an hour, a week or year? What would change?

Mix paint, pencils or watercolours to try and match the four shades

Take a magnifying glass to see the details on your tiny find. Use binoculars to see more details on your tall find

Use a microscope or a magnifying glass to show the details that are too small to see with your eyes

What do you think lives in the ground? Create an artwork to show the hidden world beneath our feet

Can you identify any of the bird or insect sounds you heard? Recreate the sounds you heard to a friend or teacher

Listen for three nature sounds that are far away. Can you hear more, the longer you listen?

Find a flower that has less petals and a flower that has more

How many letters in your name can you match to something in nature?

Repeat this on different surfaces. Which ones stay cooler? Which are softer? What is your favourite to walk on?

Come up with four describing words for the weather

Use that pattern to create an artwork

