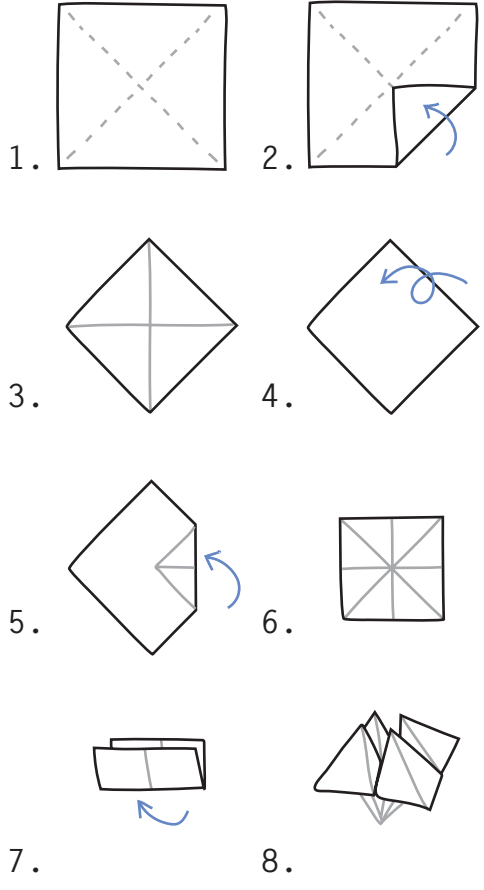
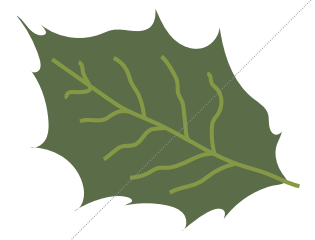


Instructions for folding:



1
Turn to face the sun
Stay still and notice movement

2
Follow an edge to something spiky
Can you see the wind?



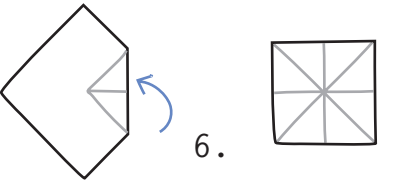
Two

3
Look up

8
Zoom into the details
Feel the expanse of open space

What did you notice?
How do you feel?
What did you notice?
How do you feel?

Explore a wall with eyes closed



7
Walk to the greenest
Find something magical

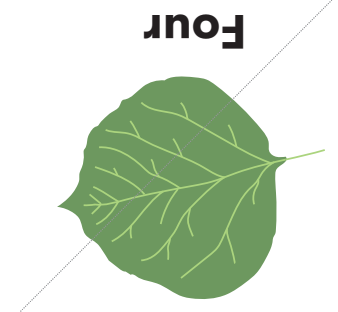
4
Take 5 giant steps towards beauty
Tell someone a memory of a tree

OTHER WAYS TO WALK

BARNSELEY MUSEUMS



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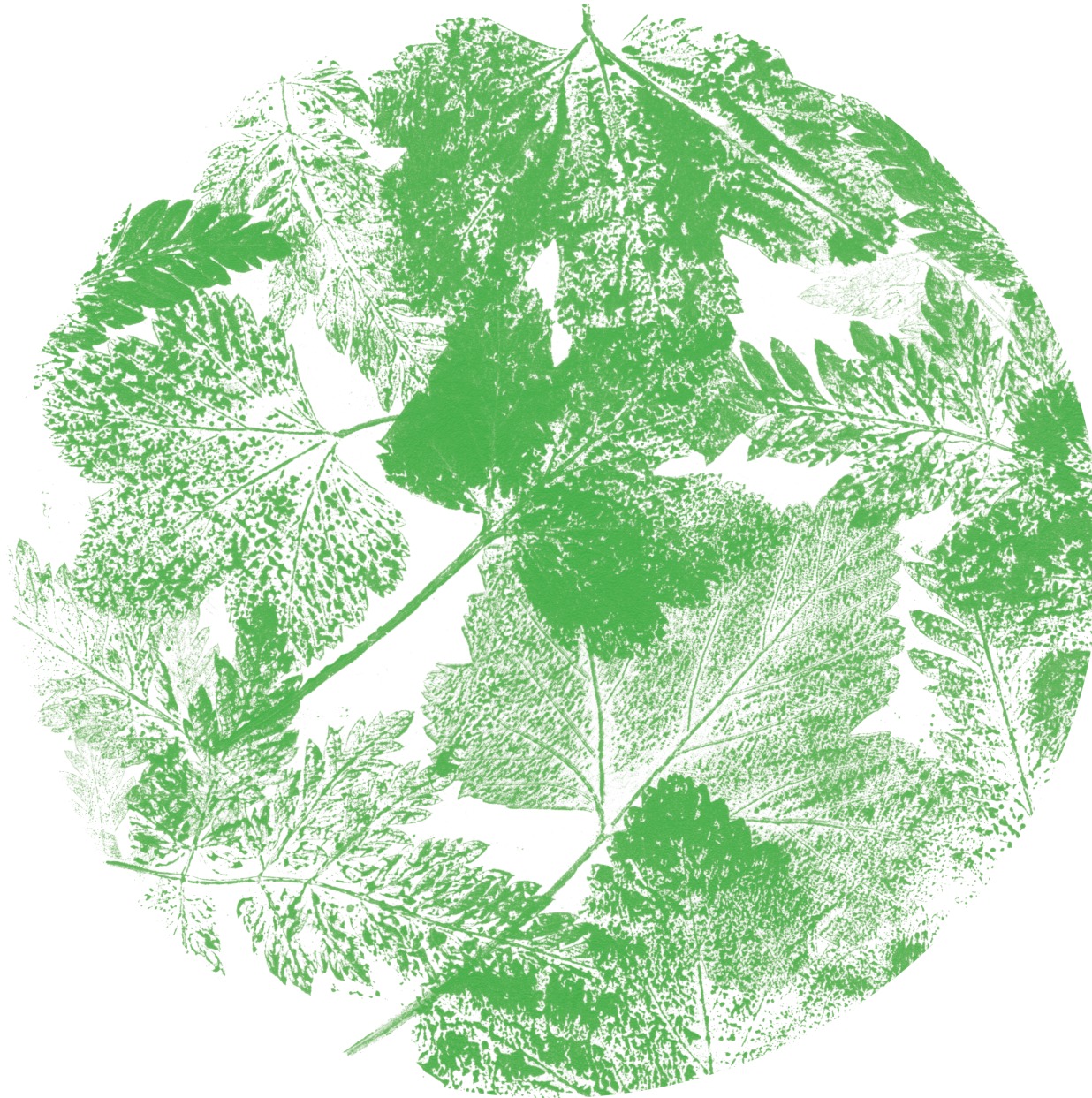


6
Follow something
Notice reflections

5
Tiptoe towards the quietest sound
Inhale smells... earth, leaves, trees



Three



This game was created for **Cannon Hall Wellbeing**, a project to explore the wellbeing benefits of Cannon Hall Park. There is a growing body of evidence that connecting with nature can improve health and wellbeing - benefits include reduced stress, improved sleep and strengthened immune response. People who feel a sense of connection are more likely to report that their lives are more worthwhile and there is evidence that nature connection helps protect against mental ill health.

To get the most out of spending time in nature, we need to move from *contact* with nature to *connectedness*. The most recent research shows that the best ways to connect with nature include taking a closer look, getting in touch with the senses, taking time to appreciate the beauty of the natural world, reflecting on what nature means to you and how it makes you feel.

The invitations in this game are specially designed to help you connect with nature at Cannon Hall Park and inspire some curiosity in your surroundings. These gardens were landscaped and designed over 200 years ago and continue to benefit people to this day. It's interesting to think that John Spencer, the then owner of the hall, instinctively understood what we now know to be true - a beautiful landscape can be good for the heart and soul.

We hope you enjoy exploring the gardens with our wellbeing game today and we would love to hear what you think - please leave a comment in the visitor book in the museum, or email learning@barnsley.gov.uk