

NOVEMBER MONTHLY ANNOUNCEMENT RESOURCE GRADES 6–12 BECOME A NATURE NAVIGATOR!

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



Announcement #1:

Good morning, everyone. This month's wellness theme is exploring the outdoors! Did you know that spending time outdoors helps you feel better mentally? Being in nature can help you feel less stressed and less anxious. It even makes you feel happier! Today's challenge for you is to aim for one full hour (60 minutes) outside. Enjoy being outside today– go for a bike ride, take a hike or do some cross-country!



Announcement #2:

Good morning! Did you know that being outside can refresh you and give you an energy boost? What do you love most about nature? The benefits of being in nature include: fresh air, tall trees, sunshine and different sounds that can help refresh us after a long day of classes. Go out and enjoy nature today!



Announcement #3:

Hello everyone! Spending time in nature can boost your creativity. Nature is a great place to observe unique shapes, lots of colors and different patterns. All of these can inspire you to draw or write about something you have seen. So go for a walk and be inspired!



Announcement #4:

Good morning! Did you know that going outside is a great way to take a mindful break? Give it a try! Find a quiet spot outside on your lunch hour. Sit quietly, close your eyes and take 2–3 deep breaths. Pay attention to what you can hear, smell and feel around you. Being mindful in nature can help you to feel calm and refreshed. Enjoy being in nature and think about what new things you notice!



Announcement #5:

When you explore the outdoors you need to be prepared for all seasons! To enjoy nature even more, make sure you are dressed for the weather. It's important to change what you wear for each season. Sunscreen is one thing that you need to wear all year long. The sun's rays can be strong in wintertime too. Make sure you protect your skin and stay sun safe during your nature adventures!



Announcement #6:

Good morning, everyone! Do you know one important role of exploring the outdoors? We can celebrate our love of and connection to nature by protecting our environment! Every small action helps preserve our planet. Simple things like picking up litter, recycling and preserving trees and plants by sticking to marked trails are all part of helping our planet!

Healthy Learner Team
ASD-W

