

Workplace Nature Wellbeing Calendar



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



Cymru Iach ar Waith
Healthy Working Wales



CYMRU



Red Squirrel

Nature and Wellbeing

Nature is important for our wellbeing and health.

This calendar aims to support workplaces to improve their health and wellbeing. It was co-designed by RSPB Cymru and Healthy Working Wales following workshops with employers. Its simple activities will help you connect with nature better and are designed to support and improve your wellbeing and health.

Evidence shows that connecting with nature can:

- 🌿 reduce feelings of stress and anxiety
- 🌿 improve our mood
- 🌿 help us feel more relaxed
- 🌿 lower blood pressure
- 🌿 improve physical health
- 🌿 improve sleep quality
- 🌿 improve confidence and self-esteem
- 🌿 help reduce loneliness

Connecting with nature is free. You don't need special equipment, skills or experience. Dressed suitably, it can be done in almost any weather. Nature is everywhere and for everyone.

You can find it almost anywhere close to where you live or work - in gardens and hedgerows, along pavements and on buildings, in parks, on a beach, or by looking out of a window.

You can notice and connect with nature throughout the year where you live or work and the suggested activities are set out as a monthly calendar.

There are also website links (provided as QR codes and short [bt.ly](#) links) to learn more about nature as well as helping nature, both of which can support your wellbeing. Towards the back, we provide links to free nature identification apps, which can enhance your enjoyment of the outdoors.



How to use it

Use this calendar to support your wellbeing and health.

You may be new to engaging with nature, or perhaps you do so already. Spending time in nature can be wonderful. What you notice and do to connect with nature is important for your wellbeing.

The calendar's activities are based on evidence, including the following **Pathways to Nature Connection**.



senses

engaging with nature through all our senses
e.g. listening to the wind, feeling grass with bare feet.



beauty

noticing the beauty of the natural world
e.g. admiring the detail of a leaf, watching a sunset.



emotion

creating an emotional bond with nature
- how nature makes us feel.



meaning

finding meaning in nature's events and stories
e.g. the first snow, new life in spring.



compassion

showing care and concern for our environment
- what we can do for nature and it for us.

You should start to notice benefits by doing just some of the activities.



Choose which activities you do and when you do them.



Feel free to do them on your own, or with others.



Think of your own ideas too and try those.



Repeat them as many times as you like.

January



Robin

Nature can be found in many places around you

January can be a peaceful time to enjoy nature. Yes, it is one of the wettest, coldest months. But wrap up warm, there's a lot to love.

 Open your window or step outside. Allow yourself to be still for a few minutes, watch the sky and listen for sounds of nature.

 Embrace the feel of winter. Feel the wind or rain on your face, or the crunch of frost under your feet.

 Look out for Robins and Song Thrushes, two birds that can be heard singing at this time of year. Take time to listen to their songs.

 Wrap up warm and go outside for a walking meeting or explore some nature during a break.

 Notice the shapes of winter trees without their leaves. Watch and listen as they sway in the wind.

 It's a great month for looking at mosses and lichens on buildings, trees and walls. Notice their colours, textures and shapes.

Helping nature

Get involved in The Big Garden Birdwatch. You don't need a garden - just count them from your favourite place.

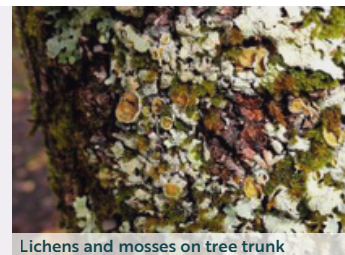
For more details on how to take part, scan the QR code. Or visit the RSPB at: bit.ly/gardenbirdwatch



Learn more

Lichens and Mosses tend to be overlooked despite their beauty.

Scan the QR code to learn more. Or visit: bit.ly/mosslichens



Lichens and mosses on tree trunk



February

Take time to notice and connect with nature

As the weather begins to warm, there are the first hints of spring as new shoots appear and some birds pair in readiness to nest.

- Some trees are starting to bud now. See if you can spot some buds or hazel catkins dangling from trees.
- Notice how the days are getting longer and the nights shorter. Watch the changing colours in the sky as daylight fades.
- Wrap up warm in a favourite place to sit outside in nature. Think about how you feel to quietly connect with nature. What can you see and hear?
- Find someone to chat with about nature. Talk about your favourite thing in nature. Ask them about what they like.
- Feel the bark of two different trees. What do you notice? Place some paper against the bark and rub a pencil or crayon over the paper to make a print of the patterns.
- Go for a local walk and look for signs of new life, such as snowdrops or crocuses pushing up through the soil.

Helping nature

Wildlife needs safe places to live. We can help birds by providing cosy nest boxes. You could try to make one.

For more details on how to take part, scan the QR code. Or visit the RSPB at: bit.ly/buildanestbox



Learn more

A fungus is not a plant or an animal.

Scan the QR code to learn more. Or visit: bit.ly/northwalesfungi



Turkeytail fungus



March



Herb Window Box

Let yourself be curious about nature

Clocks go forward at the end of March. The longer daylight hours and milder temperatures offer more chances to explore outdoors.

- 🌻 Look for bees as they start to awake for spring. Try to follow one for a short time to see what it does.
- 🌻 Open a window or go outside and listen and watch for birds. Can you spot some carrying materials to build their nests?
- 🌻 Get to know a local tree and watch it change throughout the year. Notice how its blossoms, leaves and fruits come and go.
- 🌻 See if you can find a field to watch newborn lambs gambolling and skipping in the warmer spring air.
- 🌻 Take time to watch the early spring skies. Notice the colours at different times of day. Watch the changing shapes and formations of the clouds as they move.
- 🌻 See what different wildflowers you can find. There are lots of yellow ones in March, such as wild daffodils and primroses, which provide nectar for early bees.

Helping nature

Sunflowers are great plants for wildlife. If you don't have a garden, they can be grown in pots in a bright, sunny place.

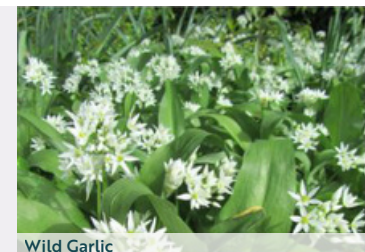
For more information, scan the QR code.
Or visit the RSPB at: bit.ly/howtogrowsunflowers



Learn more

Wild Garlic is a common sight in our woodlands in spring.

Scan the QR code to learn more.
Or visit: bit.ly/springwildgarlic



Wild Garlic



April

Try the activities on your own or with others

The word April means a time when things “open up”. You can see plants, woodlands, hedgerows, and gardens start to burst into life.

- ✿ When there is an April shower, look for a rainbow. Where does it begin and end? Can you see all the different colours?
- ✿ Listen for and think about your favourite sounds in nature. How do they make you feel?
- ✿ Sit outside or open a window. What can you hear and see? The breeze, bird song, or birds as they soar and fly in the sky?
- ✿ Go for a walk in a local woodland or park to see if you can find a bluebell carpet, but please don't pick the flowers.
- ✿ Plant some herbs in a pot. Some like Mint and Rosemary are easy to grow, have a lovely smell, and can be used in cooking too.
- ✿ Trees are ‘waking up’ after winter. Look for green buds, shoots, and early blossoms, and leaves and flowers as they emerge during the month.

Helping nature

Plant some herbs on a windowsill, a balcony, or outside to use in cooking, and also attract bees and butterflies.

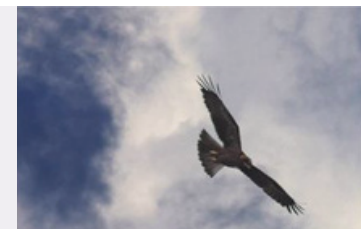
To find out how and get ideas, scan the QR code.
Or visit the Wildlife Trusts at: bit.ly/wildlifeherbs



Learn more

Learn about the different types of clouds and how they form.

Scan the QR code to learn more.
Or visit: bit.ly/cloudsandnames



Marsh Harrier in a stormy sky



Bluebell carpet

May

Everyone can benefit by being closer to nature

Wildflower meadows burst into a blaze of colour, bees buzz about their business, and birds like Swallows return from far-off lands.

- Go on a leaf hunt. Look for different trees and explore the different shapes, colours and patterns of their leaves.
- Take time to look in the sky for Swallows, House Martins, and Swifts as they return after spending the winter in Africa.
- This is a good time to see ducks and ducklings in local streams, rivers, or ponds. Watch how they move in the water and behave and act with each other.
- Find a place to watch a sunset. Notice how the light and colours in the sky change as the sun goes down. Listen to twilight sounds.
- Open a window and take time to listen to the birds, especially their dawn chorus in the early morning.
- Explore a local green space and notice how nature interacts such as bees collecting pollen and nectar from the flowers or birds looking for insects.

Helping nature

If you have a garden or outdoor green space, No Mow May is an annual campaign to let wildflowers grow.

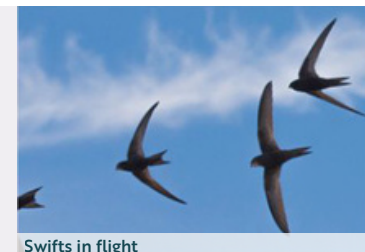
For more information, scan the QR code.
Or visit Plantlife at: bit.ly/plantlifenomowmay



Learn more

Birds such as swifts, swallows, and house martins are returning.

Scan the QR code to learn more.
Or visit: bit.ly/aboutswifts



Swifts in flight



June



Ladybird on Lavender flower

Think of your own ideas to connect with nature

The start of summer. Enjoy the long days and the evening light. Hedgehogs are active at night and bats can be seen flying.

-  Look for a snail after rainfall. Follow its movement and how it uses its tentacles to sense the world. Let yourself slow down.
-  Put out some water for insects and watch them as they visit to drink. Can you see different types?
-  Try to find a safe space where you can walk barefoot to feel the sensation of the grass beneath your feet.
-  Arrange a local nature walk somewhere with your team or colleagues.
-  Visit your local park or garden and try to find scented plants, such as Lavender, and savour their smell. Watch for any visiting butterflies and bees and what they do.
-  Have a warm morning drink outside or sat next to an open window. Breathe in the fresh air. Watch birds foraging for food or feeding their young.

Helping nature

Make a bee-drinker to help bees and other insects. You just need a small dish/saucer and some pebbles or stones.

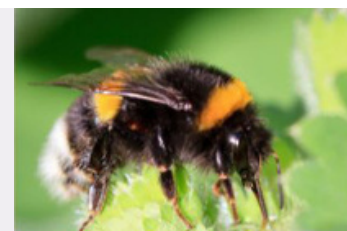
To find out how, scan the QR code.
Or visit: bit.ly/insectwatering



Learn more

Bumblebees are crucial for wild plants and crops.

Scan the QR code to learn more.
Or visit: bit.ly/aboutbumblebees



Buff-tailed Bumblebee





Beautiful Demoiselle damselfly

July

The closer we feel to nature, the happier we are

July is full of summer sounds and colour, from bees and butterflies busily visiting wildflowers to dancing damselflies and dragonflies.

-  Find some flowering plants or a shrub and watch the bees and butterflies. What different types can you see?
-  Go for a leisurely evening stroll and listen for the songs or sounds of birds or insects like grasshoppers or crickets.
-  Find a grassy area and stand, sit or lay quietly for a while – notice the sights, the sounds and smells of the summer.
-  Try moth spotting late in the evening. Using a low-light torch will help you notice how they are attracted to light.
-  Search for daisies and other wildflowers growing in unexpected places. Look for Dandelion seeds as they blow gently in the wind.
-  Sit and rest by a local river or stream and watch and listen as it flows. Are there insects, perhaps damselflies and dragonflies, skimming above the water?

Helping nature

Help birds and animals to drink and bathe, especially in the summer when water can be scarce.

Learn to make a simple, safe bird bath, scan the QR code. Or visit the RSPB at: bit.ly/RSPBbirdbath



Learn more

Summer is a great time to watch beautiful butterflies and moths.

Scan the QR code to learn more. Or visit: bit.ly/butterfliesmoths



August



Comma butterfly

Feeling connected to nature can make us feel good

August is busy. Insects are plentiful due to blooming flowers, some birds prepare to migrate, berries start ripening, and fungi emerge.

- 🌿 Watch bees as they visit the flowers and plants. Notice the different coloured stripes of various types of bumblebees.
- 🌿 Go on a local nature visit close to work in a break with your team or colleagues.
- 🌿 Find a favourite spot outside to sit and lie down for a while. Close your eyes and feel the warmth of the sun on your face.
- 🌿 Spend some time near flowing water. Watch its ripples and shapes and listen as it flows. Let yourself be curious about its journey and where it's going.
- 🌿 Go on a nature scent walk to discover the summer smells of plants, such as Honeysuckle. Or the lovely earthy scent after rain on dry soil, called Petrichor.
- 🌿 On a clear night, watch the stars in the summer skies as they darken, and see if you can see the meteor showers that occur in August.

Helping nature

You can make your garden or outdoor space more friendly for Hedgehogs as well as other wild animals and birds.

To find out more and get ideas, scan the QR code.
Or visit: bit.ly/hedgehoggarden



Learn more

Bats are beautiful, but often very misunderstood, and need help.

Scan the QR code to learn more.
Or visit: bit.ly/beautifulbats



Daubenton's Bat



September



Greenfinches

Noticing nature benefits our wellbeing and health

Autumn begins with colour and spectacle. Hedgerows are laden with berries, golden leaves adorn trees, and many visiting birds return.

- Watch the movements of birds as they fly and see if you can follow them in flight for a few minutes.
- Listen to the sound of rain. Watch as the drops hit the ground. Go outside and splash in a puddle.
- Try to find some conkers in the local park or green space. Find the biggest one you can. What does it feel like? Rub it until it is shiny and warms in your hand.
- Visit some local trees and create leaf and tree prints using some paper and a pencil.
- Notice where wild blackberries are growing. Eat one slowly and savour its taste. Always leave lots for the wildlife that feed on them.
- Let nature stimulate your senses – something you can see, something you can touch, something you can hear, and something you can smell.

Helping nature

Autumn is the best time to scatter wildflower seeds in a plant pot or garden. Learn how to make 'seed bombs'.

To find out more and get ideas, scan the QR code.
Or visit: bit.ly/seedbombswales



Learn more

About 75 percent of all animals on Earth are insects.

Scan the QR code to learn more.
Or visit: bit.ly/insectsfacts



October



Common Bonnet Fungi

Try the nature suggestions as and when you want

The days are getting shorter, but embrace the beauty of autumn from glorious trees, to fascinating fungi and wonderful wildfowl.

- 🍁 Collect leaves, acorns, cones, and conkers and try to create pictures or even words with them. Perhaps take a photo.
- 🍁 Find some green acorns and push gently into the soil so they're half-buried, not too deep. Visit in coming months to see if they've started to grow.
- 🍁 Watch the autumn leaves as they fall and dance in the wind. See if you can catch one.
- 🍁 Go for a weekly walk. Notice the changing colours, light, and scents of autumn. How do you feel before and after your walk?
- 🍁 Look for fungi growing on or near trees or patches of grass. Notice the different colours, shapes and patterns, but don't touch or taste them as they can be poisonous.
- 🍁 Sit or stand beneath a tree that has begun to drop its leaves. Look at the changing patterns in its branches. How do you think the tree helps the wildlife around it?

Helping nature

Climate change is impacting nature. Help local groups or charities to protect and restore nature in your area.

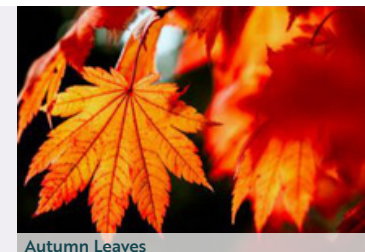
To find out more and get ideas, scan the QR code.
Or visit: bit.ly/climatenaturehealth



Learn more

Trees are spectacular in their autumn colours.

Scan the QR code to learn more.
Or visit: bit.ly/britishtrees



Autumn Leaves



November

Starling Murmuration

Giving back to nature can help our own wellbeing

November starts the transition from autumn to winter. It is a time of stark beauty with the final falling leaves, bare branches and frosty landscapes.



Go on a nature scavenger hunt and search for feathers, fallen leaves, and seeds or tree nuts.



Go for a late autumn walk and listen to the crunch of leaves beneath your feet or enjoy kicking your way through them.



Open a window or take a warm drink outside and feel and enjoy the difference as winter approaches with its colder air.



Observe the moon throughout the month and watch how its shape changes.



Notice how strong nature can be. Trees bending in the wind, plants flowering in the frost, birds flying in the rain, or bees still buzzing in the cooler air.



Look up at dusk and see what you can notice such as the colours of the sky, the movement of the clouds, or the tops of trees as they sway.

Helping nature

Help nature by picking up litter safely as you see it, doing a litter pick near home, or joining an organised event.

To find out more, scan the QR code.

Or visit Keep Wales Tidy at: bit.ly/keepwalestidylitter

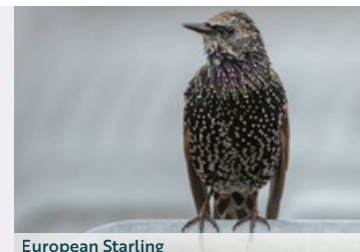


Learn more

Starling murmurations - one of winter's best spectacles.

Scan the QR code to learn more.

Or visit: bit.ly/starlingbehaviour



European Starling



December



Acton Park, Wrexham

Nature's changing beauty is with us all year round

The magical majesty of midwinter. Night skies reveal their wonders, frost forms beguiling patterns, and mosses add colour to woods.

- * See if you can find any winter wildflowers providing colour on a winter's day.
- * Head out early to find frost on windows, bus stops, or vehicles. Notice it on plants or on walls. Look closely at their icy forms.
- * Listen for and think about your favourite nature sounds and how they make you feel? Are there songs you like that feature nature?
- * Find a nature programme on television or radio to watch or listen - or listen to a podcast.
- * Wrap up warm and go outside with a warm drink. Listen to the sounds of nature. Watch your breath in the cold air and frost sparkling on leaves and branches.
- * Mid-winter is a great time to look at our dark skies. Look for the early stars to appear. Can you notice the different constellations or even see shooting stars?

Helping nature

Help birds in the winter by providing food in outdoor spaces - on windowsills, a balcony, or in the garden.

For advice and tips from the RSPB, scan the QR code. Or visit the RSPB at: bit.ly/rspbbirdfeeding



Learn more

Winter sometimes gives us snow in December.

Scan the QR code to learn more. Or visit: bit.ly/quicksnowfacts



Snowy Taff Trail, Cardiff





Common Carder Bee

Nature Identification Apps

Below you will find links to some free nature identification apps. You don't need to be an expert to enjoy and benefit from connecting with nature. However, using these might add to your pleasure on occasion.

Seek

Helps identify plants, animals, and other living organisms.
Scan the QR code or visit: bit.ly/seekIDapp



Merlin Bird ID

Helps identify birds you can see and hear.
Scan the QR code or visit: bit.ly/merlinIDapp

iRecord Butterflies

Helps identify butterflies you see and helps save them too.
Scan the QR code or visit: bit.ly/butterfliesIDapp



Flora Incognita

Helps identify the plants, flowers and trees you see.
Scan the QR code or visit: bit.ly/wildflowerapp

What's that Bumblebee?

Helps identify bumblebees you see.
Scan the QR code or visit: bit.ly/bumblebeesapp



Star Walk 2

Helps identify stars and other features in the night sky.
Scan the QR code or visit: bit.ly/nightskiesapp



Orion and Dark Skies, Nash Point

Nature Creativity

Nature can be a great source of fun and creative inspiration to support wellbeing.

The link below provides some practical help and guidance with activities and has some activity sheets for you to download and use personally or at workplace team-building events if you want.

RSPB Nature Connection Activities

Creative nature resources to view or download and use.
Scan the QR code or visit: bit.ly/natureprescriptionactivities



The RSPB

The RSPB is a charity for the conservation of birds and nature. We bring people together who love wildlife and who want to take action to restore the health and diversity of the natural world.

Find out more about the RSPB

RSPB membership and volunteering details on our website.
Scan the QR code or visit: www.rspb.org.uk



Healthy Working Wales

Find out more about Healthy Working Wales

More about Healthy Working Wales on our website.
Scan the QR code or visit: www.healthyworking.wales



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"I go to nature to be soothed and healed, and to have my senses put together"
– John Burroughs





January



February



March



April



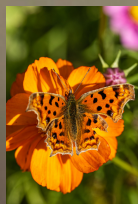
May



June



July



August



September



October



November



December

Workplace Nature Wellbeing Calendar

Please remember the
Countryside Code
when enjoying nature
Visit: bit.ly/outdoorscode



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Arddiffyn cynffwrdd, ardd
rhywogaethau a helpu i ddod â
argyfwng byd natur a hinsawdd i ben.

Protecting habitats, saving species
and helping to end the nature and
climate emergency.

Red Kite



lechyd Cyhoeddus
Cymru
Public Health
Wales



Cymru Iach ar Waith
Healthy Working Wales



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