

# Bring the outdoors, indoors

Why not celebrate nature from your own home - no garden required!

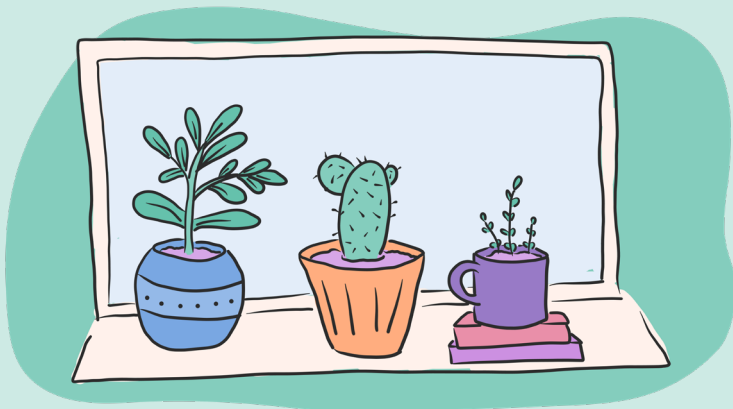


Put a plant on your window ledge and watch it grow

Open your window and look or listen for trees, flowers, birds and insects



Try growing a plant from food waste, such as fruit or vegetable seeds, stones or trimmings.



Tip: Ask at the library about simple indoor gardening books or search online for ideas



[www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature](http://www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature)

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