



Green Health Week Challenge

This challenge is to try the activities suggested over the week. They are all based around spending more time outdoors and having fun doing it. Feel free to try your own activities over the week too.

If you take photos of what you get up to over the week then we would love to see them. Remember to tag Dundee Carers Centre in your social media posts or you can e-mail your photos to amy.o'reilly@dundeecarerscentre.org.uk by May 23rd to be in with a chance of winning a prize.

Good luck!



Dundee Carers Centre

Because We Care

Explore an outdoor space in your local area that you have never visited before.

What can you see?

What can you hear?

Make a picture from items you find in your garden or in a local park.

Remember to wash your hands when you return home!

Do some cloud gazing.

Find a safe spot to look at the clouds and see what shapes you can find.

Is there a cloud shaped like an animal? Or maybe a face?

Now is the perfect time to sow some seeds.

If you aren't sure how or what to plant in May have a look online there are lots of helpful guides.

<https://www.paddocks-allotments.org.uk/month-by-month/may/sow.htm>

Do some rock painting using stones you find in your garden.

Ends of nail polish or permanent markers work well to create a design that will last.

Just remember to wear old clothes in case of spillages!

Make a paper airplane and see who can get theirs to fly the furthest. Maybe you could do a design on your plane to make it stand out?