



GREEN SPACE
DARK SKIES

GREENSPACEDARKSKIES.UK

WELLBEING AND MINDFULNESS

RESOURCE 01

Explore the themes of Green Space Dark Skies with this collection of quotes and questions – you might do so in your activity groups, or with family and friends. Share your responses with other Lumenators through [#GreenSpaceDarkSkies](#)

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HOW DOES THIS QUOTE MAKE YOU FEEL?

“We all want quiet. We all want beauty... We all need space. Unless we have it, we cannot reach that sense of quiet in which whispers of better things come to us gently.”

Quote from Octavia Hill in 1883, Co-Founder of the National Trust

WHAT CAN YOU DO?

How do you feel when you are in green spaces?

What does the outdoors mean to you?

In what way to do you think the stillness of the outdoors affects people?

Have you ever experienced the stillness of nature that Octavia Hill talks about?

SHARE YOUR EXPERIENCE



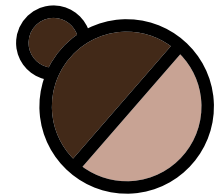
Feed into the nationwide conversation about outdoor experiences. Scan the QR code to share your experience on the **Green Space Stories** website or use **#GreenSpaceDarkSkies** on social media.

BECOME A LUMENATOR

Green Space Dark Skies invites you to join thousands of people, from all paths in life, to experience beautiful landscapes across the UK.

Anyone is welcome to sign up to this series of mass gatherings, which celebrate nature, our responsibility to protect it and everyone's right to explore the countryside.

Part of the UK-wide UNBOXED: Creativity in the UK festival in 2022, this project is led by outdoor arts experts Walk the Plank.



JOIN US

Scan the QR code to visit the Green Space Dark Skies website and join us this Summer.
