

# OUTDOOR TIME AND YOUR WEEKLY ROUTINE

RESOURCE 10

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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## THE DIFFERENCE 2 HOURS MAKES

A study, led by the University of Exeter across 20,000 people in the UK, found that those who spent two hours in nature such as woodland, beaches or even local parks close to home, were significantly more likely to report good physical and mental wellbeing. It did not matter if the two hours were in one block or spread throughout the week.

Open Access research on nature.com, authored in 2019 by MP White, I Alcock, J Grellier, BW Wheeler, T Hartig, SL Warber, A Bone, MH Depledge and LE Fleming. Read the full article [here](https://doi.org/10.1038/s41598-019-44097-3).

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## WHAT CAN YOU DO?

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How could you fit two hours of outdoor time into your weekly routine?

To keep our outdoor time interesting, we may need to find some spaces we haven't explored yet.

Are there any green spaces or routes that you could visit for a 'mental health' walk? Remember they will look different as the seasons change – there will always be something new to see!

## SHARE YOUR EXPERIENCE

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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.

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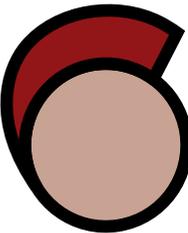
## BECOME A LUMENATOR

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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.

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