

Connecting with the Seasons: Spring by Charlotte our Story Chaplain

"A house with daffodils in it is a house lit up, whether or no the sun be shining outside." - A. A. Milne.

Whatever our age and wherever we live, noticing nature and connecting with the seasons is good for our physical and mental health.

Spring is a particularly hopeful time of year as we keep a look out for the first of the crocuses, daffodils and later tulips. Here are a few ideas to be more intentional in connecting with spring, either at home or close to home. What other examples can you add?

- Keep an eye out for the first blooms of the season: snowdrops, daffodils, crocuses, and bluebells. Make a note or take photos when you see them.
- Enjoy spring flowers at home like a bunch of daffs or tulips. Surely fresh, seasonal flowers brighten up any room.
- Revisit and print out some well known spring poems, like William Wordsworth's daffodil poem, 'I Wandered Lonely as a Cloud'
- Print out some seasonal sayings to discuss and reflect on.
- Listen to the birds, either by an open window, or on a recording. Can you recognise any of the birdsong?

- Sit by a window and sketch or paint the view. The goal here is to notice the turn of the year, and capture the season. Why not return to the same view every couple of weeks and have another go at sketching or painting. See how much - or little - the view has changed.
- Plant seeds to grow bee and butterfly friendly flowers, or maybe some veg like beans, radishes or carrots.
- Keep a look out for the first butterflies of the season.
- Listen to music inspired by spring like William Vaughan's 'The Lark Ascending'. Why not create a seasonal playlist.
- With Easter around the corner, why not have a go at making hot cross buns, or buy some ready made to toast at tea time.
- Hold a chocolate tasting session with a selection of Easter eggs. Why not include some classic flavours as well as some new varieties. There are plenty to choose from.
- Send an Easter card, or simply a spring notecard to let someone know you are thinking of them at this time of year. A cheery card with a spring theme can really lift someone's day, knowing you are getting in touch 'just because'.

This piece was written by Charlotte Evans, who runs social enterprise Story Chaplain, which encourages quality time and connection through everyday creativity. To find out more about Charlotte's work, visit storychaplain.com