



## Prioritize your mental wellness with short, fun activities at your local Indiana State Park!

Choose an activity from this guide, then head to the Visitors Center and tell a member of park staff that you participated to receive a Project AWARE Goes to the Park sticker (while supplies last).

If you'd like to take your journey a step further, submit a short description to [bit.ly/ParksSubmission](https://bit.ly/ParksSubmission) for a chance to win park swag!

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### 5 Senses Grounding Technique | 5-4-3-2-1

Often, anxiety arises from worrying about things we cannot control or thinking about things that have not even happened yet. Try this activity to gently turn your attention to the present moment and your surroundings. If you are guiding a child through this activity, complete the activity together and talk about it afterward.



#### 5 - SEE

Point out five things around you that you can see.



#### 4 - FEEL

Say four things you can feel, like the seat you're in, your clothes, or the temperature in the air.



#### 3 - HEAR

Listen and say three things that you hear.



#### 2 - SMELL

What do you smell? See if you can identify two things you can smell.



#### 1 - TASTE

Say one thing you can taste.

**Take another deep breath to end the activity and reflect on your experience.**

#### Interested in finding more resources?

[BeWellIndiana.org](https://BeWellIndiana.org) is Indiana's hub for mental health and wellness resources.

#### Want to know more about Project AWARE?

Check out Project AWARE - Indiana Mental Health Education and Awareness at [ProjectAWAREIN.org](https://ProjectAWAREIN.org)

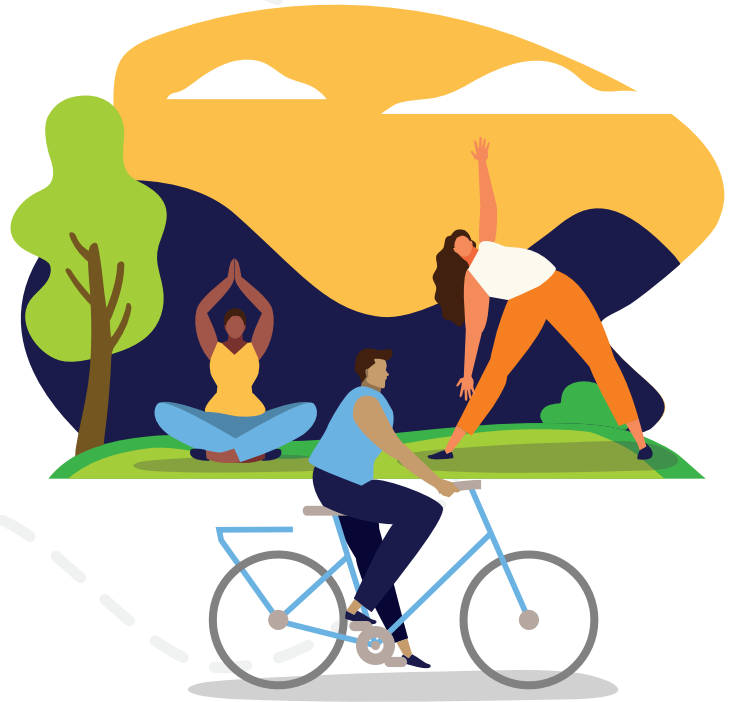
**#AwareINtheParks**

# 2

## Move Your Body, Clear Your Mind

A bit of movement has the power to boost our mental wellbeing—especially when you’re moving through nature. Being surrounded by nature can help us become grounded, energized, relaxed, and inspired.

Moving for just 30 minutes a day, three days a week can reduce stress, increase endurance, and even help us get better sleep! Move your body in whatever way feels best and safest for you.



# 3

## Learn Something New!

Learning about the natural world can broaden our perspectives. Challenge your curiosity by getting to know nature.

- Visit your nearest park’s nature center and explore the available resources or visit [events.in.gov/dnr](https://events.in.gov/dnr) to see your park’s full calendar of events, programs, and activities.
- Discover trails, camping spots, and species guides for your local park by downloading the [Indiana DNR app](#).
- Identify and learn about a new animal or plant by using a free smartphone app, like [Seek](#).



Visit [changethefrequency.today](https://changethefrequency.today) for additional virtual resources that can help improve your mental wellness.

Project AWARE Goes to the Park is an Indiana program created to encourage Hoosier students to spend time in nature as one part of improving their mental wellness.



Division of  
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