



Mental Health
Awareness Week

10-16 May 2021

NATURE

Reading List

#ConnectWithNature

#MentalHealthAwarenessWeek

Diary of a Young Naturalist by Dara McAnulty

The Natural Health Service by Isabel Hardman

Teen Breathe Magazine

Silence in the Age of Noise by Erling Kagge

Poems to Save the World With chosen by Chris Riddell

The Windowsill Gardener by Annie Davidson

Rewild Yourself by Simon Barnes