

# WELL-BEING PACKAGE

## Nature Sounds



## Sights, Sounds and Songs of Nature

- Experience and feel the joy of the countryside in your home
- Songs of nature: birdsong, the movement of trees etc.
- Glimpses of the beauty of our local countryside
- Videos, photographs and audio accompanied slide shows
- Special contributions by local people
- Let the glory of nature and feeling part of the world around us have a huge impact on our physical and mental well-being. The stress just melts away.

# Sights, Sounds and Songs of Nature

Although rain is so welcome for our gardens and for the farmers, sunshine really lifts my spirits and tells me that there is joy in just being in our local countryside, listening to the songs of nature, and being connected to nature in all its glory and simplicity. Who doesn't love to hear our local countryside birdsong - the blackbird, the thrush, the lark and the robin, the chiff-chaff, the turtle dove, the cuckoo, and the wren?

But I also like to feel the wind and hear it rushing through the trees; and to listen to the raindrops as they fall from leaf to leaf in the trees above our heads.

Experiencing and feeling part of the world around us can have a huge positive impact on our physical and mental well-being – the stress just melts away.

So, we are making a special effort to make our countryside available on-line. Over the past weeks we have been offered lots of videos and wonderful photos that can't fail to leave you wishing you had actually been there, or perhaps thinking "I remember just such a lovely walk so many years ago"

**Sights, Sounds and Songs of Nature** offers you enchanting videos and audio accompanied slide shows. Just Click to select:

- ⇒ [Mickfield Meadow](#)
- ⇒ [Near the River Alde](#)
- ⇒ [Kingfishers Fishing](#)
- ⇒ [Harvest Mouse](#)
- ⇒ [The Bird Song Opera](#)
- ⇒ [Debenham Lake \(Early Spring\)](#)
- ⇒ [Debenham Lake \(Mid Summer\)](#)
- ⇒ [4.45 and The Dawn Chorus](#)
- ⇒ [A Stroll in a Japanese Garden](#)
- ⇒ [The River Alde at Snape Maltings](#)



We hope you have enjoyed these glimpses of the countryside and nature.

*Special contributions from local people:*

*Mike Challis, Arthur Jackson, Pam Harling-Challis, and Lynden Jackson*