



# Nature's Classroom

*Insights for mental  
and emotional well-being*

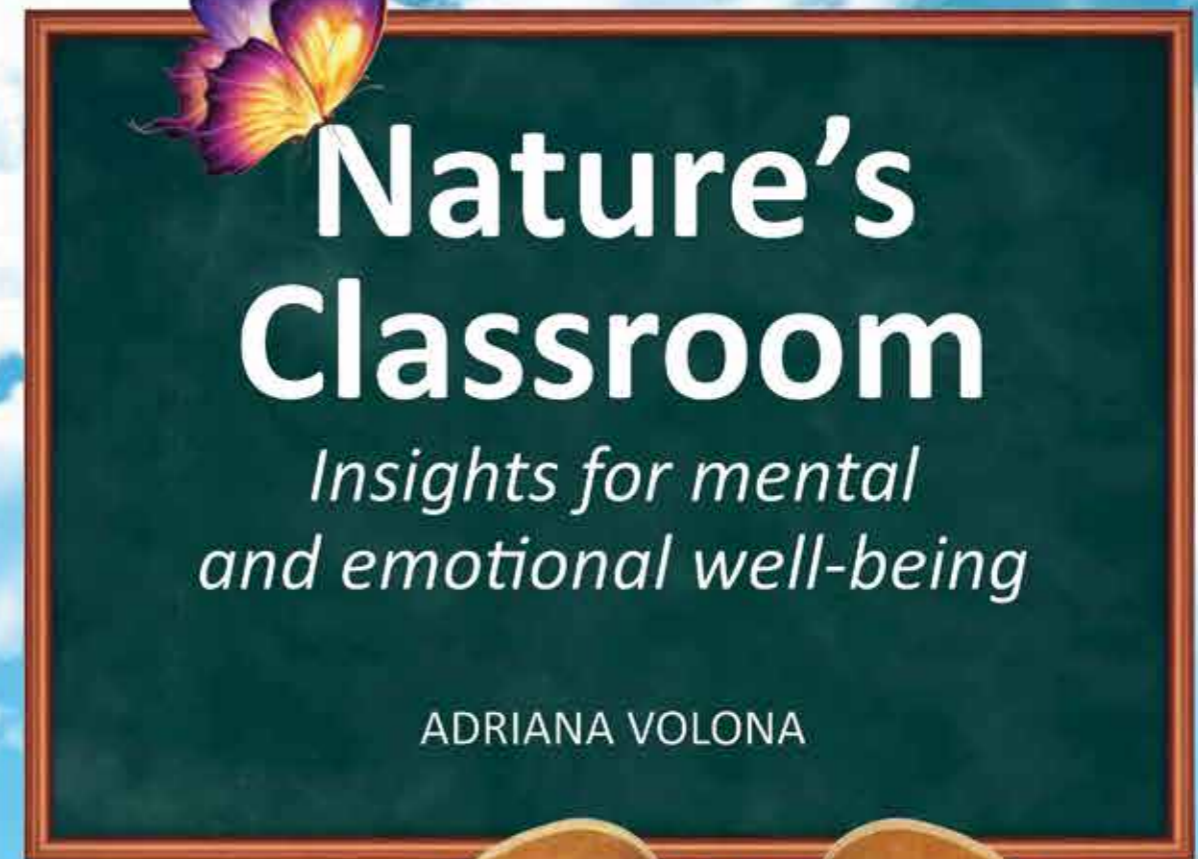
ADRIANA VOLONA

This book  
is dedicated  
with appreciation  
to Mother Earth  
and all its offspring



**THIS BOOK MAY BE PRINTED IN ITS ENTIRETY  
FOR THERAPEUTIC PURPOSES,  
HOWEVER, NO PART OF THIS BOOK  
IS TO BE ALTERED IN ANYWAY.**

**Title:** *Nature's Classroom; Insights for mental and emotional well-being*  
**Author:** Adriana Volona  
**ISBN:** 978-0-646-87526-2  
**Copyright** ©2023 All rights are reserved. Clearing and Healing Spaces - chspaces20@gmail.com  
No part of this book is to be reproduced or transmitted without written permission from the author.  
This book is not for sale.  
**Layout & Design:** Paula Volona Art Productions  
With special acknowledgment for the use of Shutterstock images used under license from  
Shutterstock.com for some of the created illustrations in this book.  
**Printed By:** Theo Stamatopoulos, Gold Leaf Framing, 64 Wolger Street, Como NSW 2226



## Preface

***Nature's Classroom: Insights for Mental and Emotional Well-being*** is intended for children and for the inner children of adults. It is applicable for all ages. Its objective is to help both children and adults see nature as healing and nurturing, not only physically but also mentally and emotionally. Nature's messages for our well-being, highlight the importance of: self-expression; self-value; positive thinking; accepting differences as enriching; connecting with others respectfully and collaboratively; mindful presence and reflection; perseverance in achieving goals; and creative problem solving.

Nature's messages are intended to help prevent and address symptoms that typify depression, anxiety, stress, poor self-esteem and poor self-confidence, and social isolation. People of all ages suffer from such conditions. It is hoped that this book is a gentle way of suggesting seeing things differently to prompt healing solutions. Exercises are provided to boost well-being.

In a time when people tend to be more engrossed or addicted to technological gadgets, it is also hoped that this book either sparks or deepens an appreciation for nature as healer and nurturer, and encourages people to care for it, and be in it more often to strengthen their well-being.

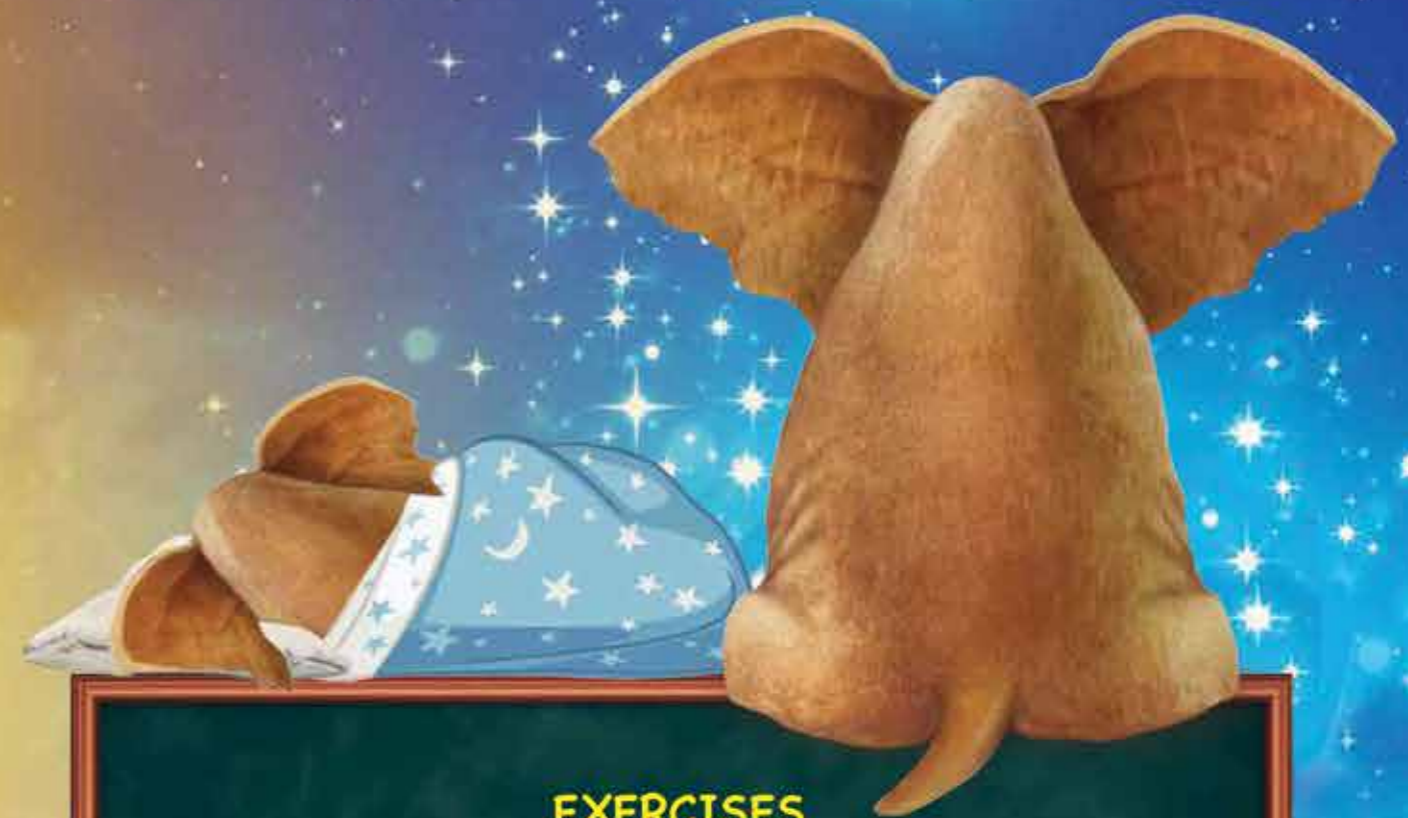
Adriana Volona

When we look outside  
with eyes opened wide  
we can learn  
important lessons  
everywhere where  
nature beckons...





The bright light of the sun upon waking in the morning, sings to us about the new day dawning. It tells us to discover and do all sorts of things exciting. And when the day is done and the cover of night descends so deep, we look to the stars that softly whisper us to sleep:  
*“Have hope in tomorrow, for it is always there for you to keep!”*



### EXERCISES

1. Write down in your diary what fun activities you would like to do and places you wish to discover. Share what you wrote with someone who may help you or join you in these activities.
2. Write down in your diary your hopes and dreams, and then look up at the stars at night and tell them about the hopes and dreams you wrote in your diary.

We see a flower so colourful and bright,  
its many petals prodding us  
to bring to light,  
our many talents, strengths  
and skills so plentiful,  
to be used to make us  
confident and successful.

### EXERCISE

Pick a flower and name a strength  
or talent for each petal that you pluck.  
If you find it hard to remember enough  
strengths and skills for every petal,  
ask others who know you about what  
strengths and skills they have  
noticed in you.



We see a field of grass,  
blades of green as many  
as sand grains in an hourglass.  
They tell us how equally valuable  
is each one of us,  
no matter how small we appear  
from afar or at close focus.

### EXERCISE

Is there anyone that you know that has the same name as you? Google your first name to discover that there are lots of people who have the same name as you. However, none of these other people are you. Everyone with same name is unique and important. Just like the blades of grass. They are all called grass, but every blade is different.



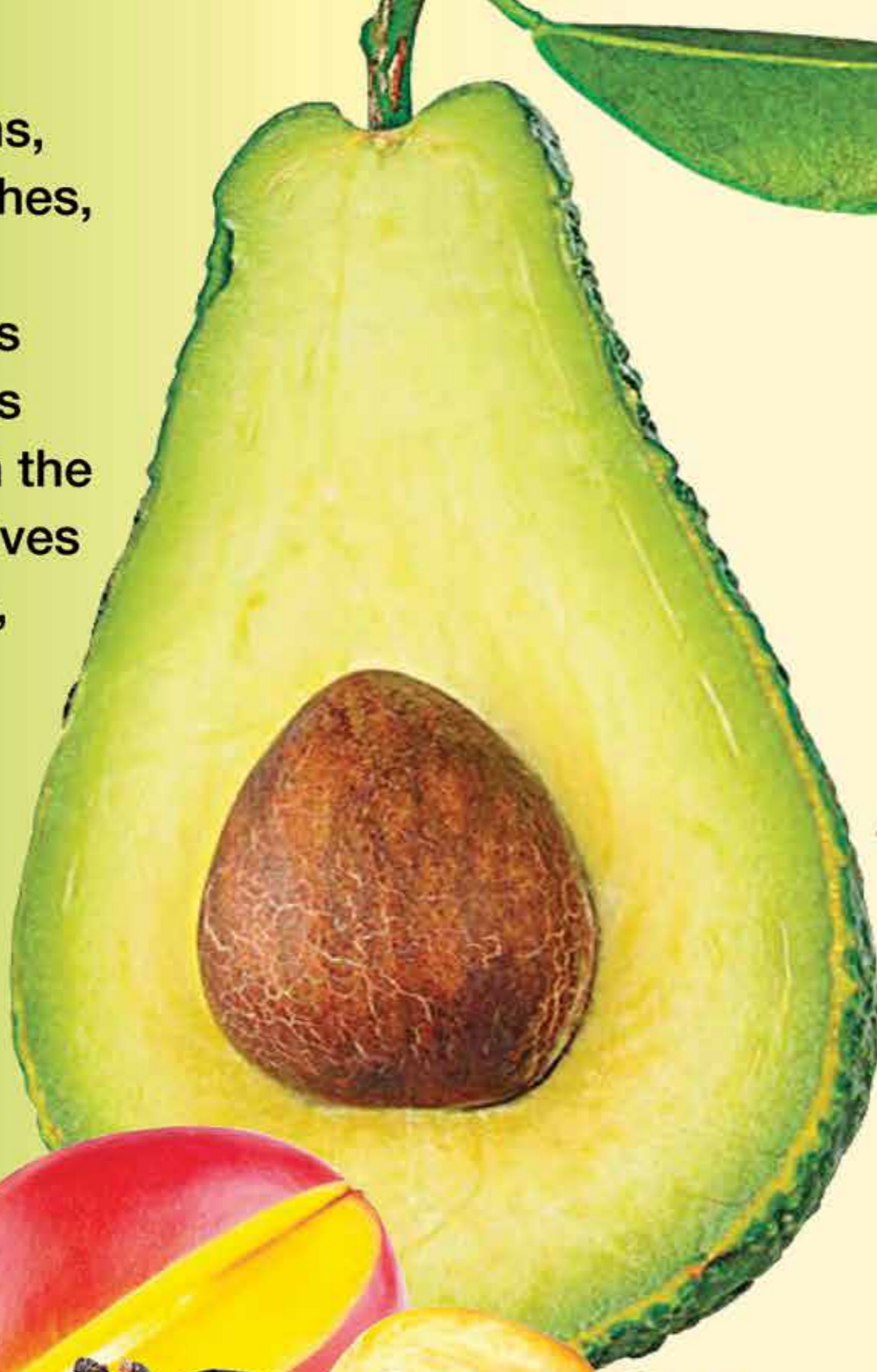


Vegetables and fruits like corn, peas, oranges, mandarins, lemons and pomegranates when opened up, reveal a community of segments. They show us that we are good for one another when we support each other, work, play and grow in harmony together.

### EXERCISE

Close your eyes and think about being part of a sports team, a class project, a school concert, or a workplace team, where everyone does their part and work together to win a game, perform a concert, or get a project finished. See how happy everyone is working together, having achieved a goal that could not be done by one person alone.

Apricots, plums, cherries, peaches, and mangoes and other fruits and vegetables with a stone in the middle, like olives and avocados, tell us that we have a strong core inside each of us, that helps us grow to be amazing and fabulous.



### EXERCISE

Draw yourself or stick a photo of yourself on a blank piece of paper. Then write down all around the picture of you everything that is important to you.





Beetroots and carrots  
when peeled, sliced  
and pressed, leave stains,  
reminding us  
that how we affect others remains.

So we need to take care  
with our words and deeds.  
Respect and understanding  
is what everybody needs.



### EXERCISE

Reflect on ways you have made  
a positive difference to others.  
Think of someone in your life who  
may need some kindness, and  
how you could be kind to them.  
Then just do it.



Strawberries are in the shape of a heart.  
They tell us that our feelings  
are an important part.  
We can express them through music,  
dance, story, poetry or art.  
Glad or sad, angry or lonely,  
worried or scared, accepted or shutout,  
these feelings sure want to come out.  
Of this, there is no doubt!

### EXERCISES

1. Make faces about how you feel in front of a mirror.
2. Use color pens/crayons and draw how you feel on a blank piece of paper.

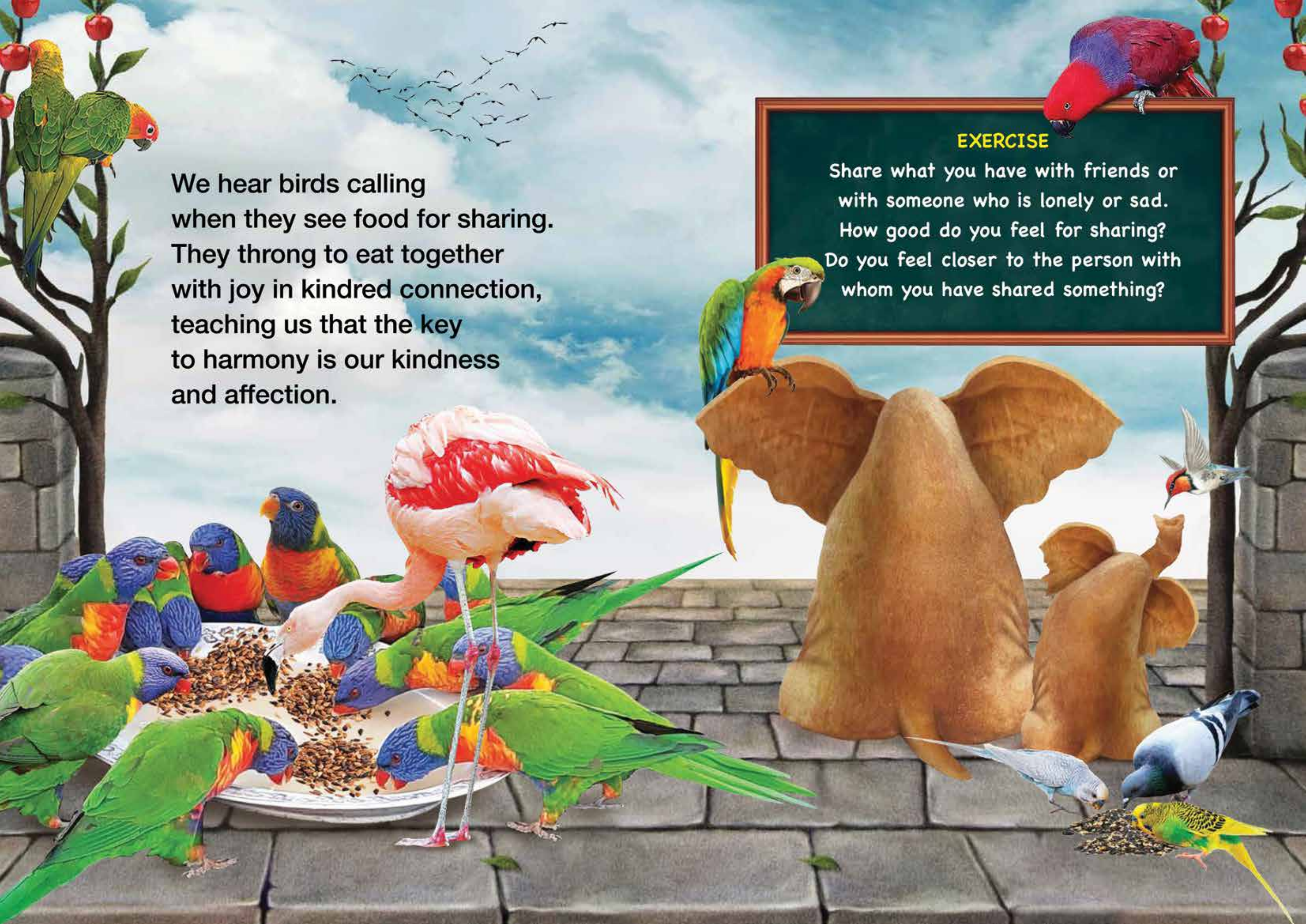


## EXERCISES

1. Watch clouds appear and disappear in the sky.
2. Take deep breaths and blow all your worries into soap bubbles. Watch the soap bubbles burst as all your worries are released into the air and disappear.

In the sky so high,  
we see stormy clouds appearing  
and then disappearing.  
They tell us that there is  
no need for worrying  
because bad things  
have a habit of eventually ending.

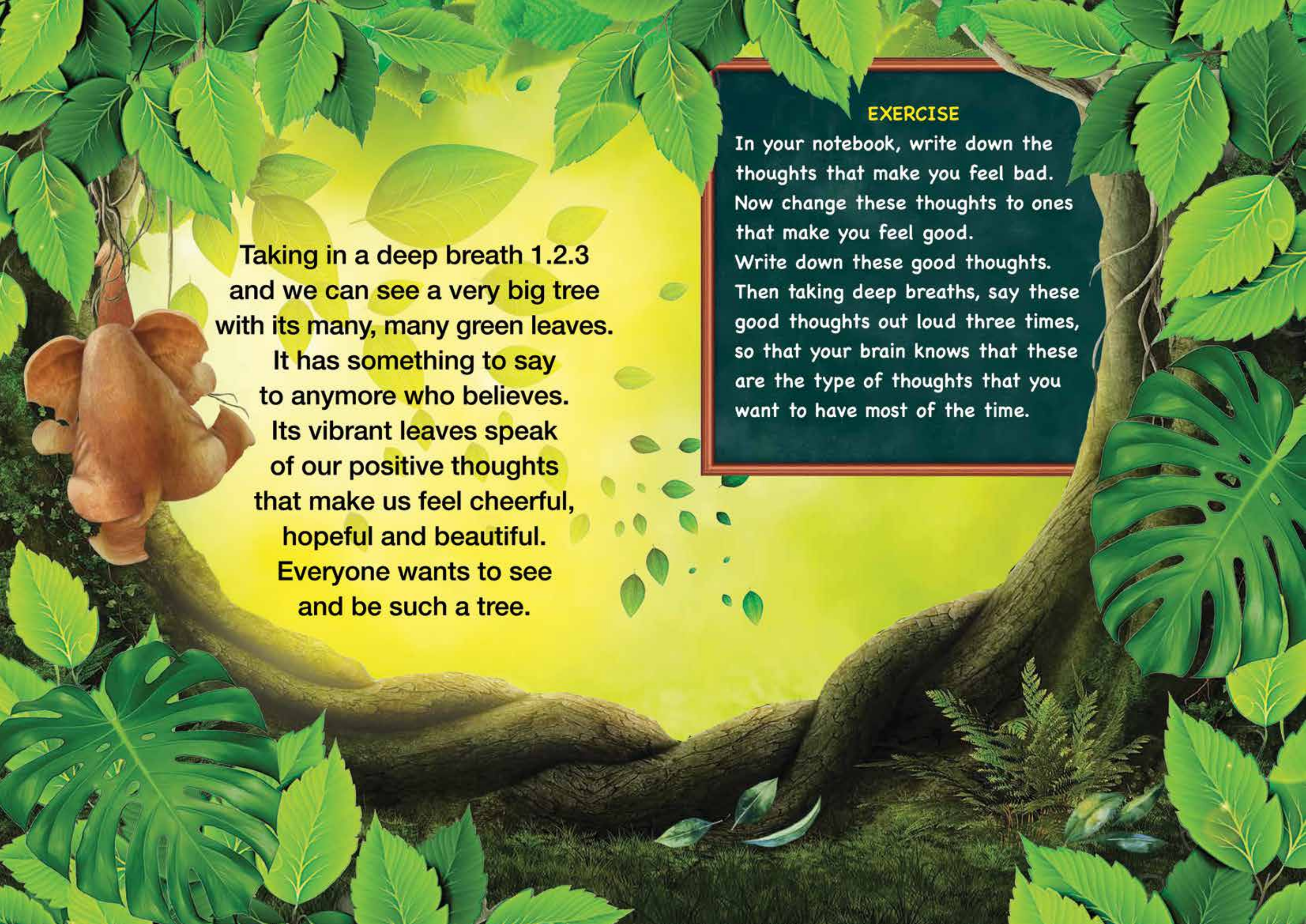




We hear birds calling  
when they see food for sharing.  
They throng to eat together  
with joy in kindred connection,  
teaching us that the key  
to harmony is our kindness  
and affection.

### EXERCISE

Share what you have with friends or  
with someone who is lonely or sad.  
How good do you feel for sharing?  
Do you feel closer to the person with  
whom you have shared something?



**Taking in a deep breath 1.2.3  
and we can see a very big tree  
with its many, many green leaves.**

**It has something to say  
to anymore who believes.  
Its vibrant leaves speak  
of our positive thoughts  
that make us feel cheerful,  
hopeful and beautiful.  
Everyone wants to see  
and be such a tree.**

### **EXERCISE**

**In your notebook, write down the  
thoughts that make you feel bad.  
Now change these thoughts to ones  
that make you feel good.**

**Write down these good thoughts.  
Then taking deep breaths, say these  
good thoughts out loud three times,  
so that your brain knows that these  
are the type of thoughts that you  
want to have most of the time.**

When we notice the soil  
beneath our feet,  
when we are walking,  
running, jumping  
or standing,  
we can feel beneath  
our every step,  
the soil's message  
reassuring,  
that it will be there  
for our safe landing.

### EXERCISE

Go for a walk,  
skip or jump for  
a while and really  
feel the ground  
beneath your feet  
supporting you,  
with your every  
step, skip or jump.





### EXERCISE

Find a picture for one of your achievable goals. Blu tack this picture on your board, fridge door, or wall. Make a timeline on a long strip of paper. On this timeline write in order, specific tasks you need to do till you reach your goal. Stick this timeline beneath the picture of your goal. Tick each task as you do it, till you have achieved your goal.

Mountains are huge,  
and sometimes hard to climb.  
They stand solid, unmovable all the time.  
Those who climb them learn their message:  
*“With every step-up you can reach the top  
with patience, focus, and a helpful back-up.  
And when the going gets tough,  
an encouraging thought for a pick-me-up.”*

As we gaze into a river or a stream  
we can hear its wisdom like a daydream:

*“See me move over and around  
difficult rocks and any blocking thing.*

*You can do this too,  
when you let your hope and courage sing.  
By letting go of ‘I can’t’ and useless worry  
and explore ways of ‘I can’ with no need to hurry.”*

### EXERCISE

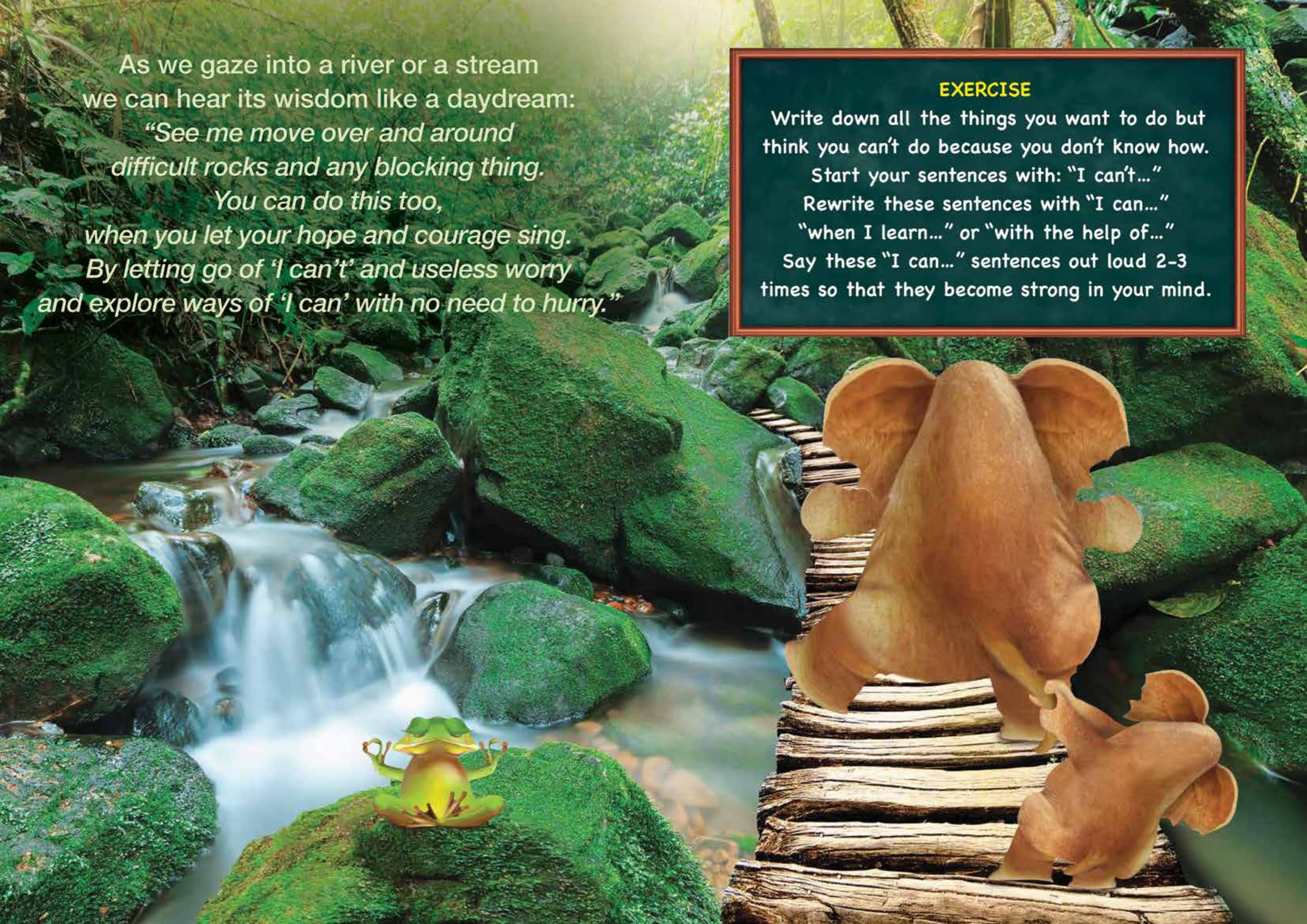
Write down all the things you want to do but  
think you can't do because you don't know how.

Start your sentences with: "I can't..."

Rewrite these sentences with "I can..."

"when I learn..." or "with the help of..."

Say these "I can..." sentences out loud 2-3  
times so that they become strong in your mind.





The seaside and the oceans in summer have curling waves that delight and shimmer, dancing their message so loud and clear: *“Come see beneath me and have no fear. There are so many fish from far and near. The fish are like decisions you make and opportunities you choose, whichever you catch you cannot lose. Some fish are just what you need for a good feed, other fish are not the right find, but for learning they are the right kind.”*



### **EXERCISE**

On an A4 piece of paper draw a big picture of a fish you like. Cut out the fish, and on it write a list of your achievements so far – the right decisions you have made. Stick a gold star or a happy face sticker on this fish cut out.

On another A4 piece of paper, draw a big picture of a fish you don't like. Cut out the fish, and on it write a list of mistakes you have made... and next to them write what you learnt from your mistakes. Stick a gold star or a happy face sticker on this fish cut-out too. Blu tack both fish on a wall where you can see them every day.



When we listen carefully,  
we can hear that the rain  
has something to say.  
It tells us it's important to talk  
about what we think, feel, want,  
need to stay or take away.  
You see, when we talk,  
others can know how to help us,  
and that is definitely a plus.

### EXERCISE

Find someone you trust and tell them  
what is bothering you. Ask this person to  
help you find a way to fix your problem  
or to help you get what you need.



Then there is the rainbow  
of many colours blending together  
shouting for all the world to hear forever:  
*“Be like me.*

*My beauty is in my harmony.*

*All my colours are uniquely different  
yet equally important.*

*If one colour was missing*

*I would be incomplete and discordant.*

*In the same way, you can see if you stay  
that I reflect everything in nature  
in its diversity.*

*In every species of plant, tree, bird, fish,  
dog, cat, and other animals, there is variety.*

*People are all different too in every way,  
in what they look like, think, do and say.*

*As I said before, all are valuable  
for the world to be whole and complete.*

*So remember, you are an important  
part of it all, my sweet!”*



### **EXERCISE**

Do a jigsaw puzzle. Notice that no  
jigsaw piece is the same, and that every  
piece is important to make the picture  
whole and complete.

## Biography

Adriana Volona is a qualified mental health social worker, counsellor and group facilitator who has worked with disadvantaged women, men, and children in Australia, New Zealand and South Africa for the past 40 years. She has and continues to counsel those who struggle with a variety of issues such as: domestic violence and dysfunctional relationships; dealing with depression, anxiety, and post-traumatic stress; grief and loss; problem anger; poor communication skills, childhood sexual, physical and emotional abuse; poor self-esteem and lack of confidence; parenting skills; change of life circumstances; and other traumatic experiences.

Adriana also designs and delivers psycho-educational and therapeutic workshops on topics such as: Coping with Depression and Anxiety; Building Self Esteem; Anger Management; Stress Management; Assertive Communication Skills; Building Healthy Relationships; Domestic Violence; Motivation and Preparation for Employment, and other topics of interest in the local community.

In 2020 Adriana initiated her own business: *Clearing & Healing Spaces - Counselling and Group Work Therapies*.



chspaces20@gmail.com  
0492 952 294  
ABN: 86 627 652 379

“Look deep into nature  
and you will understand  
everything better”

Albert Einstein

