



## Hobbies

### Description

Doing hobbies outside is a way to bring you closer to nature and the world around you. Even if you are someone who doesn't like to do physical activities, you can still do things outside that you already like to do. Some ideas might be reading, writing, photography, knitting, drawing, or even cooking (over a fire). This is even better if you can do it near nature like at a park, so your senses get to experience the nature around you. This page contains all the posts I've written about different hobbies such as rocks, kayaking, nature photography, and downhill skiing.



[Getting Your Kids Skiing](#) – Skiing is an amazing way to enjoy your time outside in the winter.

Reading this will provide you with everything you need to know to get started skiing.



[Dressing for Winter Weather](#) – The cold weather shouldn't stop you from enjoying the outdoors. All you need to do is dress appropriately and in layers.



[Making Your Own Nature Journal](#) – Creating your own nature journal will get you exactly what you want. You can also be as creative as you want with it.



[Nature Journal](#) – Preschool students up through senior citizens can obtain positive benefits

from using a nature journal. Here are some ideas that can help you get started using one and hopefully bring you closer to nature depending on your own unique needs.



[Rush River Kayaking](#) – My Rush River kayak adventure turned out to be a success. I spent four-and-a-half hours of pure joy and relaxation floating and paddling through part of the beautiful Rush River Valley and ended at my destination in El Paso, Wisconsin.



[Kayaking the Upper Kinni River](#) – A great place to first try river kayaking is on the upper Kinnickinnic River. It is fairly calm on this section of the river and winds through farmland, woods, and passes by some houses.



[Senses in Nature](#) – One of the best ways to help your mental health is by just being in nature and using your senses. Find a place to just sit outside and focus on one of your senses at a time.



[Mental and Physical Benefits of Nature](#) – Being outside for 10 minutes starts to improve your health by providing the fresh air and natural sunlight your body needs to be healthy.



[How to Tumble and Polish Rocks](#) – Rock tumbling and polishing is easier than you might think. It is a long process that involves 4 main stages using different grit each stage.



[Supplies for Tumbling and Polishing Rocks](#) – Tumbling and polishing rocks is a hobby for

any age. You can get as serious as you want with this hobby, or you can do it just for fun.



[Collect Rocks](#) – Collect rocks that catch your eye and make you happy. Everyone’s personal preference is different. I’m always looking for unique rocks with different colors or lines in them.



[Kayaking the Kinnickinnic River](#) – Kayaking on the lower Kinni is an amazing way to experience nature for a couple hours with very few signs of people around.

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Nature Journal



Reading



Kayaking



Bird watching



Gardening

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