

Happyness in nature

On a snowy Sunday, Yasin woke up and went strate to her clean bathroom. As she stepped in she gazed out of the clear window watching the snow-glacks softly land on the hard pavement. She jumped with exitment, she ran to get her coat and let her cute, sweet dog (Rex) come with her to the park to.

When they arived they saw the beauty of nature. They never got to see it snow because they live in London and it is always cold but no snow. The snow was luscious, white and so calming. They made snow-angles and put the feet in the cold snow. It was like happiness was with them.

All the stress in side them were gone she felt fresh like she was born again. Then she relized that nature help's reduce stress, anxiety and thing that are going wrong at home. She reduce's stress by touching a tree-oot in grass and even going for a walk leves every-thing had behind so you start fresh. From now on she goes on walks daily to be fresh so she can think better and be herselg. Now when she goes work she has to stay calm because she is an accountant one move and all of it can go wrong but now she knows what to do.

By Bari Pal