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NATURE CONNECTION PRACTICES

With these 5 core routines, you can create a deeper connection to nature, yourself and your family.

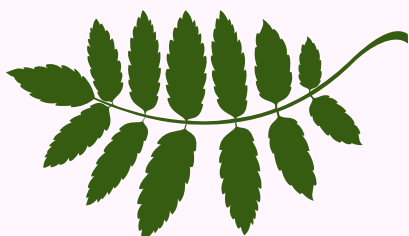
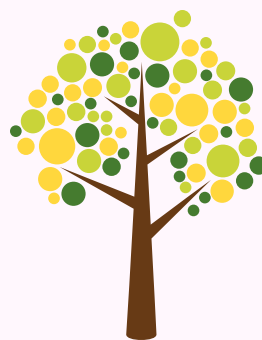
Do them alone and with your child.
Nurture the bond between you.

Nature Connection for You and Your Child

5 Practices

Sit Spot

Find a place in nature where you can visit often. A park, a balcony, or a forest. Be quiet and still to form a deep connection to this place.



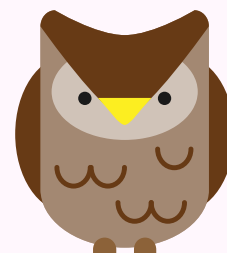
Wandering

Wander through the landscape without, time, destination or future purpose. Be in the present moment and let your curiosity guide you.



Expand Your Senses

Feel the sun on your face. Taste safe wild edible plants. Develop your "owl eyes" (peripheral vision) and "deer ears" (fine hearing).



Giving Thanks

Express gratitude regularly for all aspects of nature and life. Hold a grateful heart for all the things that make it possible to be alive



Story of the Day

Share the story of your day. Focus on your experiences with nature. Tell the story to your family, draw a picture or write in a journal.

