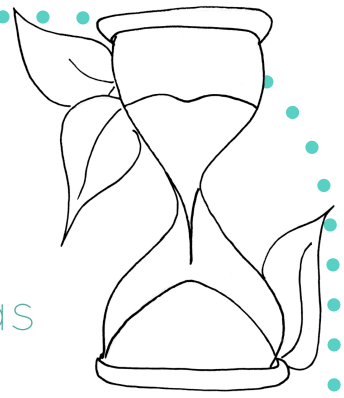
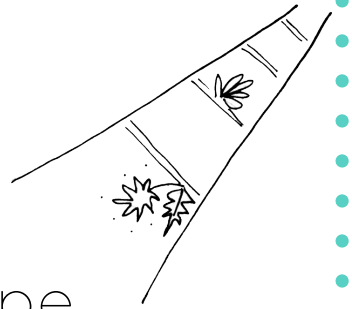


5 for Natures

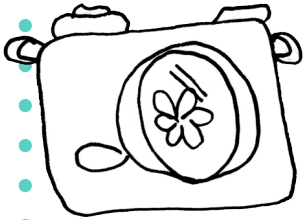
Wings, Worms, and Wonder
5 Minute Nature Connection Ideas



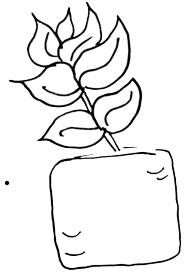
Make a thumbnail
nature journal sketch



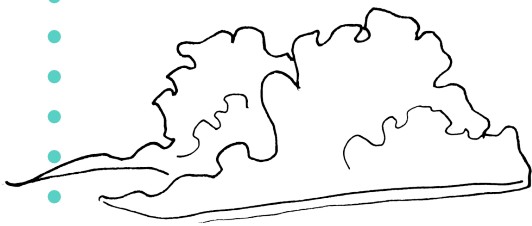
Breathing calmly, take a short walk.
Seek nature reclaiming the landscape.



Take a picture of a nature whisper
& post on social media.



Tend to a potted plant.



Cloud watch while walking to
your destination.

Choose a color,
find 3 nature items that color.



Gaze at trees swaying in the
distance, relax your eyes.

