



# CHECKLIST:

## Connect to Nature

## 10 Ways to Connect to Nature



Walk outside and become mindful of:

- temperature
- the wind or stillness of the air
- color of the sky
- ground you are walking on



Open windows and doors in your house to invite sunlight and natural airflow into your home.



Take a swim in the ocean or a creek, or at least wade in with your feet if possible. Feel the flow of water.



Visit a nature reserve to observe animals



Eat some fruit or vegetables from a garden that you can pick from. If you don't have your own garden, some commercial growers allow the public to pick fruit and vegetables.



Go camping and develop your life skills to live with nature



Start a garden or grow in pots. Immerse your hands in the soil and how to care for another life form.



Tackle a physically demanding challenge such as hiking to help develop problem solving skills



Lie down on the grass or a reclined chair and observe the sky during the day for clouds, or at night for stars. Expand your idea of how large the universe is.



Take a forest bath and immerse yourself in the environment of a developed forest.