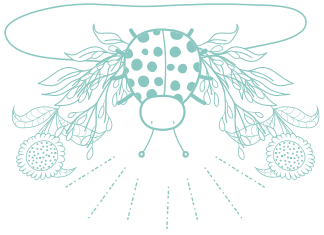

(piece of advice)

could talk, it might say

_____ (type of plant)

If the



(a sound)

I hear

When I close my eyes,



_____ (noun)

and

_____ (noun)

_____ (noun)

Right now I see



This booklet was
designed to be filled out
when sitting in nature - a
park, by the beach
, lagoon, a garden, or
wherever
you feel close to nature.



A small detail I'm
noticing is

_____ (something small)



I'm in awe of

_____ (something that sparks your sense of wonder)

Take a deep breath and sit for a few minutes in silence, using all of your senses to take in your surroundings. If you could sum up my time in nature today, what would it look like?



Draw, add a few words, write a poem. You decide!

*A Date
with Nature*



Find me on Instagram at @theflowerremedy