

Rooted in Nature

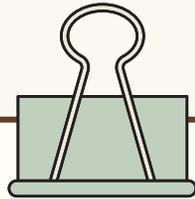
A Gentle & Enjoyable Way to Reconnect with Nature—
At Your Own Pace

Rest 	Move 	Enjoy 
Be Still & Relax	Light Movement	Enjoy the Moment
Appreciate Nature	Observe Your Surroundings	Connect with Nature



WEEK 1: ROOTED IN THE PRESENT

 Focus: Gentle Grounding & Awareness



1. Morning Sun Recharge (5 Min)

Sit outside or by a window in the morning. Close your eyes, take slow breaths, and feel the warmth of the sun.

2. Nature's Sound Therapy (5 Min)

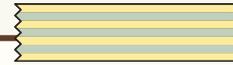
Sit outside, open a window, or play a recording of nature sounds. Identify at least three different sounds.

3. Tree Breathing (5 Min)

Inhale deeply and exhale slowly, visualizing the tree exchanging oxygen with you.

4. Nature Gratitude Game (3 Min)

Name three things in nature you appreciate today (e.g., the breeze, a flower, a bird's song).



Rate Your Experience

1. Morning Sun Recharge

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

2. Nature's Sound Therapy

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

3. Tree Breathing

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

4. Nature Gratitude Game

 Enjoyment: ☆☆☆☆☆

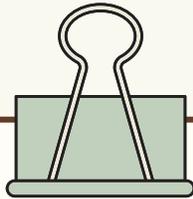
 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆



WEEK 2: MOVE LIKE NATURE

 Focus: Gentle Movement & Flow



1. Slow & Mindful Walk (5-10 Min, Indoors or Outdoors)

Walk at a comfortable pace, focusing on each step. If movement is limited, try a gentle seated movement (rocking feet, stretching arms).

2. Moonlight Mindfulness (5 Min, Evening)

Step outside or sit by a window in the evening. Observe the night sky and take slow, calming breaths.

3. Explore a New View (5 Min)

Find a new spot to sit—on a different side of your home, in a garden, or in a quiet place outdoors. Observe something new.

4. Sky Gaze Pause (5 Min, Seated or Standing)

Step outside or sit by a window. Look up at the sky—notice the colors, the shape of the clouds, or the movement of birds. Take slow breaths as you observe without judgment.

Rate Your Experience

1. Slow & Mindful Walk

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

2. Moonlight Mindfulness

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

3. Explore a New View

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

4. Sky Gaze Pause

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆



WEEK 3: NOURISH & RESTORE

 Focus: Self-Care & Enjoyment



1. A Cup of Nature (5 Min)

Make herbal tea, infused water, or a warm drink. Sip slowly and notice the flavors.

2. Gentle Reflection (5 Min, Writing Optional)

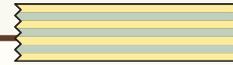
Think about a time when nature made you smile. If you enjoy writing, jot it down.

3. Eat Mindfully (5 Min)

Enjoy a small meal or snack, paying attention to taste, texture, and smell.

4. Nurture a Plant (5 Min)

Water a plant, touch its leaves, or simply observe its growth.



Rate Your Experience

1. A Cup of Nature

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

2. Gentle Reflection

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

3. Eat Mindfully

 Enjoyment: ☆☆☆☆☆

 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆

4. Nurture a Plant

 Enjoyment: ☆☆☆☆☆

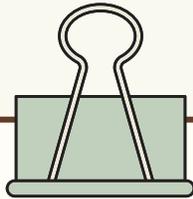
 Calmness: ☆☆☆☆☆

 Connection: ☆☆☆☆☆



WEEK 4: GIVE BACK TO THE EARTH

 Focus: Appreciation & Gratitude



1. Gratitude Walk (5 Min)

Walk or sit outside and silently thank nature for what it provides.

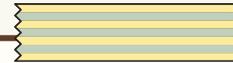
2. A Letter to Nature (5 Min, No Writing Required)

Think about what you would say if you wrote a thank-you letter to nature. If you like, write it down.

3. The Breath of the Forest (5 Min, Seated or Standing)

Take slow breaths while visualizing a peaceful forest. Imagine yourself breathing in fresh, healing air.

 **4. Closing Reflection: What Changed** Think about any small shifts in your mood or awareness this month.



Rate Your Experience

1. Gratitude Walk

 **Enjoyment:** ☆☆☆☆☆

 **Calmness:** ☆☆☆☆☆

 **Connection:** ☆☆☆☆☆

2. A Letter to Nature

 **Enjoyment:** ☆☆☆☆☆

 **Calmness:** ☆☆☆☆☆

 **Connection:** ☆☆☆☆☆

3. The Breath of the Forest

 **Enjoyment:** ☆☆☆☆☆

 **Calmness:** ☆☆☆☆☆

 **Connection:** ☆☆☆☆☆

4. Closing Reflection

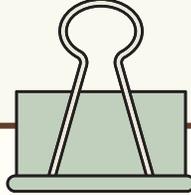
 **Enjoyment:** ☆☆☆☆☆

 **Calmness:** ☆☆☆☆☆

 **Connection:** ☆☆☆☆☆

REFLECTION & CLOSING THOUGHTS: YOUR APRIL JOURNEY

 Focus: Appreciation & Gratitude



As the month comes to an end, take a moment to reflect on your journey of reconnecting with nature.

Looking Back

✓ What was your favorite activity this month?

One Word Reflection

If you could describe your experience in one word, what would it be? (Calm, Present, Refreshed, Grateful, or another?)

Thank Yourself

You took time this month to care for your mind, body, and spirit. That is something worth celebrating! May your journey with nature continue to bring you peace, joy, and connection.

What's next?

Take a deep breath. Step outside. The world is waiting for you. 

