

# WE CAN USE NATURE TO HELP US FEEL CALMER, CENTERED & CONNECTED

## Look Up at the Sky

What color is the sky?  
Do you see the shapes  
of clouds or do you see  
stars and the moon?

## See Trees & Flowers

Do you see the trees or  
flowers? How high is the  
tree growing? Notice  
the colors that you see.

## Listen to Sounds Outside

Do you feel vibrations,  
hear noises like birds  
chirping or some other  
sound? Maybe cars  
driving by or the wind  
blowing?

## Plant Your Feet on the Ground

The earth beneath you  
holds you up. Let  
yourself feel the  
ground beneath your  
feet. We are connected  
to others.

## Feel the Warm Sunshine

Do you notice if you  
sense a warm feeling  
from the sunshine or is it  
cold outside? Might you  
feel a breeze?

## Breathe in the Fresh Air

As you breathe in—use  
your nose to see what  
you can smell outside.  
Do you notice different  
kinds of smells?



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