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?

This publication was supported by grant number 2021-VOCA-134194037 awarded by the Office of Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Ohio Attorney General’s Office.