

Togetherness-

IDEA Sheet

Getting back to nature

This week's IDEA Sheet is a simple reflection on how great we feel when we touch nature.

When I am connected with nature, I feel:_____

_____.

The last time I felt this was:_____.

I can easily re-connect with nature by:_____

_____.

I would like to be together with _____ and
_____.

When I come together with nature.

This gives me such a feeling of joy to be together with nature
and my family/ friends.

I can stay connected to nature by: (eating, playing, visiting)-

1. _____

2. _____

3. _____

4. _____

5. _____

It's that simple.

Take action, nature is calling!