

NATURE'S CALLING

It's time we picked up...



Life gets busy. We know. But it's important for our health, happiness, and wellbeing that we all take some much needed time to get outside and immerse ourselves in Nature's calm. So free up some time and do **1** simple thing in nature today!

Tear this Tab to

Encourage Others to Take One

Close your eyes and listen to the world around you.

Study a creature or plant for 5 undivided minutes.

Run barefoot in the grass.

Go for an outdoor swim.

Create something from Nature.

Find a patch of grass, lie down, and do a little cloud watching.

Start a friendly Water Fight.

Share a picnic with someone you love.

Walk, Jog, or Ride a bike somewhere new.