

# Outdoor World Mindfulness Appreciation

## AN OUTDOOR STRETCH DAY ACTIVITY

Go to an outdoor location where you can find a moment to yourself. Find different things in nature and identify aspects of them that you have in common.

- What does this object do for you?
- What does it do for our world?

Be sure to consider things that are very noticeable as well as those that you don't usually pause to think about. Reflect on your discoveries in whatever way is comfortable to you . . . journal, digital pictures or just quiet reflection. And if you would like, please share it with us:  
<https://forms.gle/NFYKH9hfy5n3S3ug6>