

Finding Balance in Nature

Nature poetry

www.oldnaturalist.com/nature-poetry/

Nature Sketching - Sketch flowers, tree bark, patterns in nature, landscapes to help you slow down and connect to your subject

Micro life Look at leaf, a dead insect, rock, bark or any natural object with a magnifier. Find the beauty in the natural patterns that you see.

Find 10 new living things that you have not seen. Go to: www.oldnaturalist.com/walking-with-nature-2/

Seeking Beauty – Find 5 living things that you think are beautiful. It may be the shape of a tree, the sunlight in the forest, the ripple of the wind on the water, a sound, the movement of grass, etc.

Become a Tree – guided imagery –
www.oldnaturalist.com/become-a-tree/

Being present – listening to your self talk and your breathing as you walk
Are you thinking about what you have to do at work? Are you thinking about something your spouse said to you? Are walking in the forest being present?

Walk and talk - 3-5 minute period of normal walking and socializing

Listening – letting natural sounds resonate in your body

www.oldnaturalist.com/listening-to-nature/

Sit under a tree - 15 minutes to write/sketch anything you see

www.oldnaturalist.com/sit-under-a-tree/

Listening when there is no sound - connecting energetically to nature

www.oldnaturalist.com/listening-when-there-is-no-sound/

Connecting through photography

www.oldnaturalist.com/how-a-brownie-reflex-camera-helped-me-become-a-naturalist/

Blind hike – Use a blindfold or bandana and walk with a trusted partner. Focus on the sounds around you. Use your sense of touch and have your partner show you some of the textures that surround you (moss, tree bark, etc)

Walking barefoot on the earth - improve your grounding. Find a trail with soft mud/soil, grass or a sandy area and walk barefoot. Watch out for tree roots and rocks.