



20 ways to find everyday AWE in NATURE

1. Watch the sun rise
2. Take in the first flowers of spring
3. Walk outside and feel the sun on your face
4. Watch the leaves change in the fall
5. Water a plant, watch its leaves perk up
6. Grow and nurture flowers from seed
7. Swim in a lake
8. Go for a hike
9. Go for a bike ride
10. Watch the snow fall
11. Watch the sunset
12. Play in the rain and smell the rain
13. Sleep under the stars
14. Notice that every single cloud is different
15. Feed the birds in your backyard
16. Run your fingers through soil
17. Visit a zoo or nature center
18. Visit a beach, close your eyes and listen
19. Take a canoe or a raft onto a river
20. Watch a bee pollinate a flower