



PAUSE & POLLINATE



Take a Mindful Moment in Nature

*Even a few minutes outside can give your mind a chance to slow down, reset, and reconnect.
Slow down. Use your senses. Notice what is blooming around you and within you.*

LOOK	Find 3 different colors in nature. I noticed: _____
SMELL	Notice the scent of a flower, leaf, soil, or fresh air. It reminded me of: _____
LISTEN	Pause and identify 2 sounds around you. I heard: _____
FEEL	Notice the sun, breeze, grass, or ground beneath you. It felt: _____
BREATHE	Take 3 slow breaths—in through your nose, out through your mouth. Afterward, I feel: _____
NOTICE	Find one small thing you might normally walk past. My small discovery: _____

What helps you feel calm?

Write or draw one thing you can do when your mind or body needs a reset.

