



Connect With Nature



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Go outdoors to connect with the world around you. Use your senses to notice things you see, hear, smell, and touch.

WHY TO TRY:

Taking the time to notice what's outside can help you regulate your energy and emotions and is healthy for your well-being.

Try to find a moment each day of the week to practice the tool.



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Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

