

MINDFUL MAY

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. -Rachel Carson



SUN	MON	TUE	WED	THU	FRI	SAT
					1. TAKE A PICTURE OF A BLOOMING FLOWER	2. TAKE YOUR DOG FOR A WALK
3. TAKE A STROLL BY THE RIVER OR OTHER WATER FEATURE	4. CALL A LOVED ONE YOU HAVEN'T TALKED TO OR SEEN IN AWHILE	5. MAKE A HIKING PLAYLIST FOR YOUR NEXT TRAIL ADVENTURE. SHARE YOUR FAVE SONG WITH US!	6. MOVE YOUR BODY FOR 20 MINUTES!	7. DO A COUNT OF ALL THE BIRDS FOUND IN YOUR BACKYARD	8. TRY TO IDENTIFY SOME OF THE PLANTS IN YOUR BACKYARD	9. DO A RANDOM ACT OF KINDNESS FOR SOMEONE SPECIAL
10. SHARE YOUR FAVORITE NATURE QUOTE OR POEM	11. READ ONE OF OUR BLOG POSTS ABOUT WELLNESS AND NATURE	12. TAKE A SUNRISE OR SUNSET PHOTO	13. TAKE A WALK WITH A FURRY FRIEND OR SOMEONE IN YOUR HOUSEHOLD	14. MAKE A HOME-MADE MASK	15. VISIT A PARK YOU HAVEN'T BEEN TO BEFORE	16. SIT OUTSIDE IN SILENCE FOR 10 MINUTES. JOURNAL ABOUT YOUR OBSERVATIONS
17. TRY A SCIENCE EXPERIMENT FROM THE SSP CHANNEL	18. EAT A MEAT-FREE MEAL TODAY	19. WATCH A MOVIE FROM OUR "CABIN FEVER" BLOG	20. TELL A LOVED ONE WHAT STEWARDSHIP MEANS TO YOU.	21. TAKE A VIRTUAL HIKE WITH THE PARKS FOUNDATION	22. TAKE A PHOTO OF YOUR FAVORITE OUTDOOR PROJECT	23. MAKE SOMETHING FROM RECYCLED MATERIALS IN YOUR HOME
24. TRY TO GO A WHOLE DAY WITHOUT NON-RENEWABLE PRODUCTS	25. MAKE SOMETHING TO BEAUTIFY YOUR OWN BACKYARD	26. CREATE A PIECE OF ART OR A POEM THAT CONNECTS TO NATURE	27. REFLECT ON WHAT "HEALTHY PARKS, HEALTHY PEOPLE" MEANS TO YOU	28. LEARN ABOUT THE BENEFITS OF COMPOSTING	29. SUPPORT YOUR FAVORITE LOCAL BUSINESS OR CO-OP	30. GO TO YOUR FAVORITE PARK AND TAKE A PICTURE OF THE PARK SIGN
31. PICK UP 5 PIECES OF TRASH AROUND YOUR NEIGHBORHOOD OR PARK						

