



Pocketful of Peace:

Journaling your nature walk

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night and spring after winter.”

– Rachel Carson

Instruction:

Go outside and walk slowly

Let your mind clear as you focus on your surroundings

Select one fallen natural object that stands out to you

Return to your workspace: stamp the object below and write down the reflection

Reflection

“The Meaning I Found”:

If these objects could whisper a **message of calm, what would it say to you right now?**

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Something red:

Something yellow:

Something green:

Something gold:

Something brown:

Something blue: