

Nature Break Invitation

Let's explore how time in nature supports well-being.

TO: _____ FROM: _____ DATE: _____

I invite you to:

- Join me Join our team or group Explore on your own

For: (check all that apply)

- An outdoor meeting
- A walk, stroll, or roll
- A "sense & savor" outing (use 5 senses to explore and savor)
- Noticing the clouds or trees
- Some fresh air
- Journaling or drawing outdoors
- A sunrise or sunset
- Looking for green and blue in nature, or all the colors of the rainbow
- Visiting some gardens & talking about plants
- A tech pause or break
- An awe outing (enjoy nature as a source of inspiration and wonder)
- Exploring the Nature Rx app & upcoming events with me
- Outdoor stretching
- A bird walk
- A moment of calm
- This fun nature idea: _____

Note or message:



Nature Rx

