



People and Planet

# 10 Ways to Reconnect with Planet Earth and Nature



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Here are 10 things you and your family can try together.



1

Hug a tree or lie in the grass.



2

Walk barefoot on the grass.



3

Plant a tree or a flower garden.



4

Take a dip in the ocean with your kids.



5

Grow your own herbs.



6

Open your window on a breezy day - even if it's a few degrees too cold or too warm, love the fresh air in whatever form it comes.

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7

Organise your friends/family for a beach cleanup together.



8

Meditate outside – even just closing your eyes and seeing what you notice helps develop thoughtfulness for the planet.



9

Visit a national park – take inspiration from preservation.



10

Put the phone down and look up. How good is the world today?