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. Organize 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.


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