



Nature Gratitude

- ❖ Quietly, to yourself, name 3 things in nature for which you are grateful...
- ❖ Picture the first thing of nature in your mind, and send it a thank you.
- ❖ Picture the second thing of nature in your mind, and send it a thank you.
- ❖ Picture the third thing of nature in your mind, and send it a thank you.
- ❖ Send nature one big THANK YOU