



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Seasons of Grief • December 2020



## A MOMENT TO PAUSE FOR TRANSITION

### A MINDFUL GRATITUDE PRACTICE & NATURE JOURNALING TEMPLATE

This week we pause for [A Breath of Fresh Air](#) with #TAPSOudors and prepare for [A Breath of Fresh Air in January](#) with an activity of reflection.

We invite you to take moments to pause and reflect this week as you spend time with friends and family or connect with others virtually.

Please enjoy and utilize the Nature Journaling template provided by Dr. Christine Norton in her [webinar Healing Trauma and Finding Hope in the Outdoors](#).

### *Journal about Your Mindful Nature Experiences*

WEEK	Activity	What did you notice in nature?	Feelings?	Sensations of wellbeing?	Metaphors/other
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					