

# PEANUTS®

# TAKE CARE OF THE EARTH

## LET NATURE LIFT YOUR SPIRITS



Charlie Brown knows first hand it's easy to become overwhelmed when everything seems to be going wrong. He also knows that slowing down and connecting with nature is a great way to feel calm and grounded when this happens.

This activity sheet encourages you to get outside and appreciate nature whenever you need it!

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## GET STARTED!

### Instructions:

1. This guided meditation is a way to connect to nature in order to relax, regulate, and appreciate your surroundings! You can have someone read the guided meditation cues to you, or read them in advance then do your thing!
2. Find a quiet place outside that makes you feel calm, like a backyard, a park bench, a front stoop, or any place to which you have access.
3. Close your eyes and begin by taking deep breaths. Focus on what the air feels like in your nose and lungs. Is the air cold and crisp? Muggy and humid? What does it smell like? Allow your breath to regulate.
4. Next, focus on the sounds around you, what can you hear? Are there birds chirping? Leaves rustling? Maybe you can hear a bubbling river or the wind whistling by your ear. Try to hear something you didn't hear before. Let the sounds wash over you.
5. Shift your focus to what you can feel without moving. Are you laying down in a patch of grass? Can you feel the breeze brushing against your face? Can you feel a sun beam warming your skin? Focus on the sensations around you, can you tell what you're feeling without seeing it? Pay attention to the earth coming up to meet your body, holding you up.
6. Slowly open your eyes and take in your surroundings. Do you notice anything you didn't see before? Take a moment to say thank you to the nature around you and feel gratitude for the serenity it brings!