

APPRECIATE NATURE DAILY

Nature is full of valuable lessons and offers a multitude of calm, healing energy. Getting in tune with nature will nurture mental health, ease stress, and boost creativity. Time spent outside also reduces risk of cardiovascular issues and promotes immune support. Experience the earth's energy and embrace it raw and unrefined. alive.com/wellnesschallenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Add a houseplant to your living space</p> <p>31 </p>	<p>Open the windows for fresh air</p> <p>30</p>	<p>Decorate around with natural elements, like pinecones or crystals</p> <p>1 </p>	<p>Listen to nature sounds throughout your day</p> <p>2</p>	<p>Watch a documentary or YouTube video about nature</p> <p>3</p>	<p>Give your desktop a nature background</p> <p>4 </p>	<p>Add a plant (or two or three!) to your work area</p> <p>5</p>
<p>Plan a morning hike to start your day off right</p> <p>6</p>	<p>Consider walking or biking to work today</p> <p>7 </p>	<p>Eat your meals out on your front porch, patio, or a nearby park</p> <p>8</p>	<p>Go for a walk around your neighborhood</p> <p>9 </p>	<p>Instead of working out in the gym, take your yoga mat to a nearby park</p> <p>10</p>	<p>Slap on some sunscreen and relax outside</p> <p>11</p>	<p>Treat yourself to a beach day</p> <p>12 </p>
<p>Pick a tree to watch it change all year</p> <p>13 </p>	<p><small>Flag Day (US)</small></p> <p>Visit your farmers' market</p> <p>14</p>	<p>Cook with local, seasonal foods</p> <p>15 </p>	<p>Snack on seasonal berries</p> <p>16</p>	<p>Learn about the cycles of the moon</p> <p>17 </p>	<p>Take 10 minutes to really notice nature</p> <p>18</p>	<p>Go to bed at dusk and wake up at dawn</p> <p>19 </p>
<p><small>Father's Day First day of Summer</small></p> <p>Create a garden — it brings you in contact with nature</p> <p>20</p>	<p><small>National Indigenous Peoples Day (Canada)</small></p> <p>Take care of your mental healthy by taking care of plants</p> <p>21</p>	<p>Garden to keep your body moving and healthy</p> <p>22 </p>	<p>Invest in quality plants. On a budget, check out a local seed swap</p> <p>23</p>	<p><small>St. John the Baptist Day (Que., Canada)</small></p> <p>Consider sun, wind, foot traffic when thinking about your garden site</p> <p>24</p>	<p>Protect your garden with mulch</p> <p>25</p>	<p>Make your own compost with food scraps</p> <p>26 </p>
<p>Go birding around your neighborhood</p> <p>27 </p>	<p>Try an app to help identify local plants and animals</p> <p>28</p>	<p>Learn how to safely and sustainably forage for berries</p> <p>29</p>	<p>Plan a summer apple orchard visit</p> <p>30</p>	<p>Go for a walk in nature with friends or family</p> <p>1 </p>	<p>Count how many animals you see on a 20-minute walk</p> <p>2</p>	<p>Try to identify the species in your garden (or neighborhood)</p> <p>3 </p>

21 Notice the details

JUNE