



Connecting with Mother Earth

Workshop title

Description

Taking care of our mind, body, and our soul is so important for our overall well-being. Being outdoors in nature is one of the best medicines for improving our happiness and productivity.

Grounding is a technique that involves doing activities that “ground” or electrically reconnect you to the earth, such as walking barefoot on natural grounds.

Practice this short activity to create a moment of meditation in your every day life.

Video Companion

Move to the rhythm with 123 Andrés.

Listen to a read along of:

Hello, Friend / Hola, amigo

Written by 123 Andrés

Illustrated by Sara Palacios.

And listen to a catchy song that you can sing with your family all summer long!

Video available on YouTube.

How to meditate:

1. Find a safe spot outside where you can relax, like your front or backyard, a garden, or a park.
2. Use your five senses!
 - sight: what do we see?
 - hearing: what can we hear around us?
 - smell: what do we smell?
 - touch: what do we feel?
 - taste: what can we taste?
3. Take deep breaths, slowly inhale and exhale. Focus on your breathing.
4. Take your shoes off in a grassy area and walk around! How does it feel?
5. Set a timer for 5-10 minutes.
6. When ready, gently open your eyes.

Share what you learned with others!

