

# Maya's MYSTERIES

"Nature in its own essence is in the grasp of the power of God..."  
—'Abdu'l-Bahá

NATURE WALKS ARE MEDICINE FOR MY MIND, BODY, AND SPIRIT!



## THE GREAT OUTDOORS

**D**o you love being out in nature? I do! It's amazing to breathe fresh air and feel the warm sunshine on my face. I also love looking for birds and other animals.

Did you know that spending time in nature is

good for your health and happiness? It can reduce negativity, sadness, and stress. So when school gets tough, I go hiking. I always feel better afterward.

What nature activities do you love most? Try these out, and add your own.

## CONNECT WITH NATURE CHALLENGE

Challenge your family and friends to see how many outdoor activities you can do in two weeks. Add your own ideas, too.

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

- Look for constellations on a starry night.
- Fill a bird feeder for your feathered friends.
- See how many different plants you can find in a yard or park.
- Go on a sound hunt. How many things can you hear?
- Make bark rubbings with crayons and paper.
- Spot 10 different creatures on your next nature walk.
- Find a bird's nest or an animal's burrow.

- Discover some animal tracks.
- Find shapes in the clouds.



- Collect six cool-looking rocks and stones.
- Search for wildflowers—how many colors and scents can you discover?
- Find a reflection in a body of water.
- Make a boat out of leaves or twigs.
- Make a sculpture with sand or mud.

- Spy a spider's web.
- Draw a picture of your favorite spot outdoors.
- Use sticks and rocks to make earth-friendly music.
- Plant some seeds in a garden or container.
- Grab a magnifying glass and investigate a tree's leaves.

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