



WSD
HEALTHY
MINDS

WSD Healthy Minds Week

Healthy Minds Land-Based Calming Technique for All Ages

Dress for the weather and head outside and think about:

5 things
you see that
were a gift
from Mother
Earth

4 things
she provides,
that you can
touch

3 sounds
you hear
while being
outside

2 smells
of the
outdoors

1 thing
I am
appreciative
of today

