

Take the time to enjoy nature this week!

1. Walk around campus during your breaks and/or lunch: observe nature as you walk
2. Join in the "Yoga on the Lawn" class every Wednesday from 12:10-12:50pm
3. Go Bird-Watching: Get to know the birds in your region. Survey trees, bushes, telephone poles, and grass for feathered friends.
4. Stroll with your Senses: explore the woods with eyes, ears, nose, and fingers. Take binoculars or a magnifying glass with you.
5. Bring the Outdoors in: take trips to the museum, zoo, aquarium, or any nature center.
6. Pick Fruit: take a trip to a berry farm, apple orchard, or visit the farmers market.
7. Gaze at the Stars: Check out an astronomy book and go outside to star gaze.
8. Enjoy the Weather: Look at the cloud shapes and color, or watch how fast they move on windy days.
9. Get Growing: grow a flower, vegetable, or herb garden or even just plant it in a pot.
10. Celebrate the Sunrise and Sunset!

Source and to read more visit: <http://www.parents.com/fun/vacation/international/nature-trips/>

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“My family wants a genuine back-to-nature camping experience, but with Wi-Fi, air conditioning, and satellite TV.”

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