

TEAM CLIMATE CREW

DAY 7 GREENER



Climate Crew

Insta: [_climatecrew](#)

Email: angela.zhu2469@gmail.com

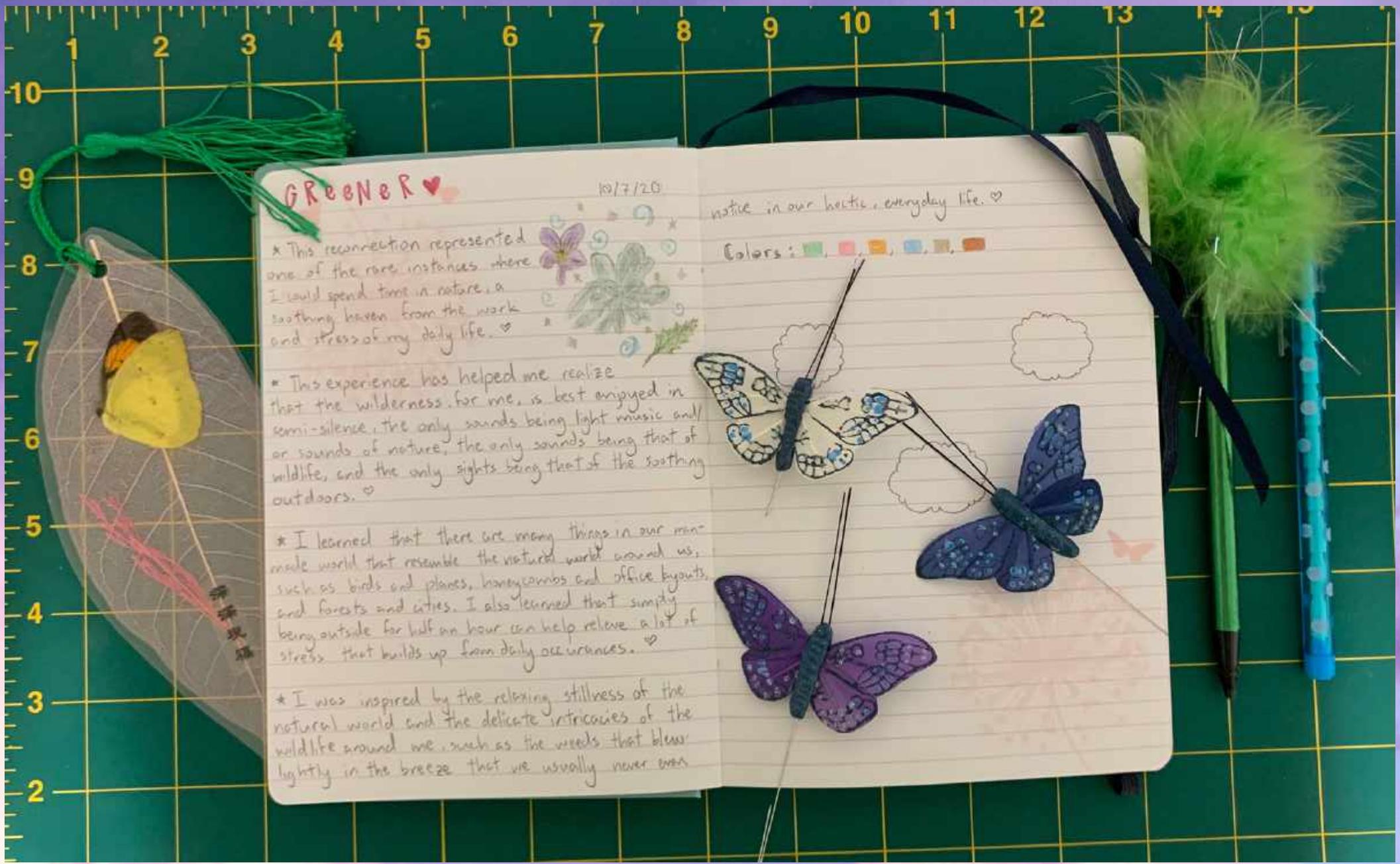
School: Jericho High School

Username: [climatecrew2020](#)

When I was laying outside on the ground, it made me feel more connected to nature than I usually feel, sitting at home cooped up. Especially because of the pandemic right now, I don't go outside very often and stay at home most days, where I feel separated from the natural world since I live in an apartment where the only other living things are my two houseplants. The guided meditation today helps me relax a bit and remove the stress from the day so I can have a clearer head to concentrate on the physical sensations around me. Now, I can feel the cool, fresh air swirling around me and my body pressing down to the earth, grounded on the grass. Being physically closer to the natural world makes me feel much more connected to it.

These days, many of us, especially if we live in more urban areas, are always so far away from parks, trails, forests, fields, and other natural settings. Sometimes it's difficult to take time out of our days to travel to one of these places, especially since we're constantly busy with schoolwork or other commitments. Despite this, I do think that putting in that extra effort to head outside and connect with nature is beneficial. Especially if you want to do environmental activism, it's so important to connect with nature. Even though it's a very simple task that we sometimes take for granted, doing so is helpful to remind yourself what you're fighting for: A future where our posterity will also be able to listen to the sound of birds chirping and watch squirrels scurrying across leaves and observe the changing colours of the autumn all the other amazing things that nature allows us to experience. Today, feeling more connected to Mother Earth has strengthened my commitment to keeping the world healthy and clean.

I feel the rising and falling of my chest as I inhale and exhale. I am aware of my body existing in space although I have no strong feelings, neither positive nor negative, about it. I hear several distinct bird calls around me, although I am unsure what species they are. In the distance, I hear cars driving down roads and other people talking.



GREENER

10/7/20

* This reconnection represented one of the rare instances where I could spend time in nature, a soothing haven from the work and stress of my daily life.

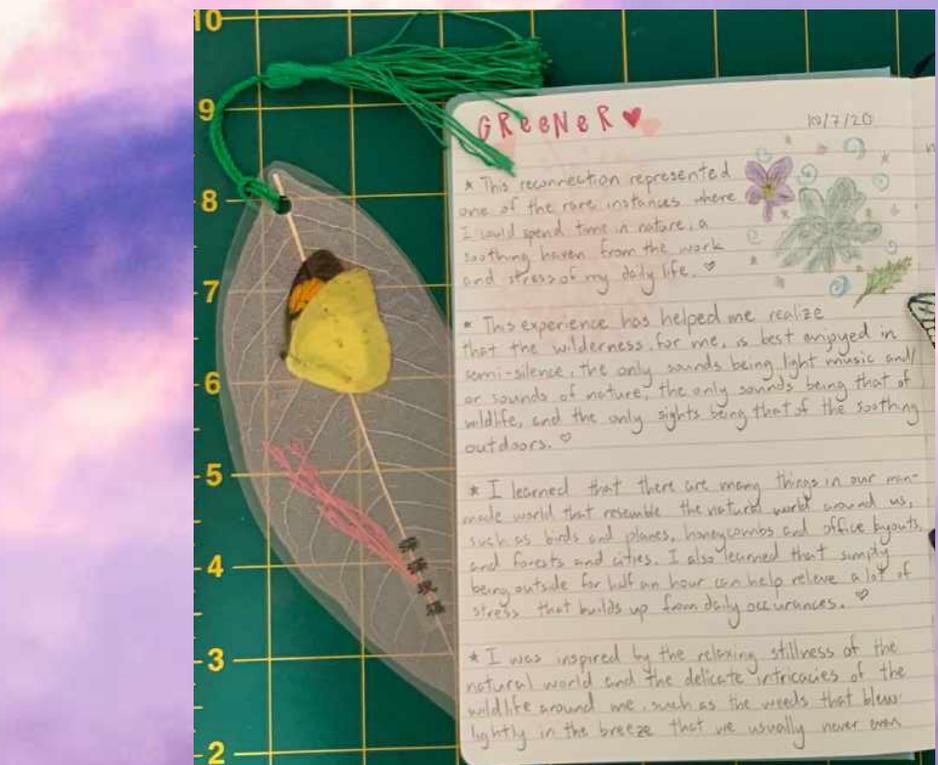
* This experience has helped me realize that the wilderness, for me, is best enjoyed in semi-silence, the only sounds being light music and/or sounds of nature, the only sights being that of wildlife, and the only sights being that of the soothing outdoors.

* I learned that there are many things in our man-made world that resemble the natural world around us, such as birds and planes, honeycombs and office layouts, and forests and cities. I also learned that simply being outside for half an hour can help relieve a lot of stress that builds up from daily occurrences.

* I was inspired by the relaxing stillness of the natural world and the delicate intricacies of the wildlife around me, such as the weeds that blow lightly in the breeze that we usually never even

notice in our hectic, everyday life.

Colors:



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Emotions and colors:

light brown, pastel green, light blue, pastel pink, light orange, gold

Tranquil, serene, delightful



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Liked by **mushroominvasion**

_climatecrew Today, we decided to take a nature break and relax outside for half an hour. This helped us unwind the stress that has been building up from our busy daily routines. We wrote down our thoughts in a journal and contemplated the wildlife around us. Feel free to take your own nature break, take some pictures and/or journal your thoughts, and post the results and tag us! #pgc2020

1 minute ago