



365 WITH NATURE

Spring Nature Tracker

Vertical column of 365 small circles for tracking, followed by horizontal lines for notes.

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Exploration

- Hike
- Beach
- Park
- Birdwatch

Mindfulness

- Sit in Park
- Stargaze
- Read Under Tree
- Meditate Outdoors

Creative

- Photograph Nature
- Nature Journal
- Wood Chimes
- Scavenger Hunt

Sustainable

- Rain Gardening
- Rock Garden
- Plant-Based Diet
- Permaculture Lesson

Health

- Swimming
- Fire-Starting Skills
- Tai Chi in Park
- Kayak

Gardening

- Plant Tree
- Herb Garden
- Visit Farm
- Compost

Conservation

- Pickup Litter
- Build Birdhouse
- Nature Documentary
- Wildlife Sanctuary

Education

- Survival Workshop
- Identify Constellations
- Green Building Tour
- Nature Class

Community

- Nature Walk
- Family Day Outside
- Nature Trivia
- Tree Climbing Course

Seasonal

- Meter Shower
- Eclipse
- Fly a Kite
- Visit Hot Spring