

Children who are given plenty of free time to play outside have a deep appreciation for beauty, order, and...



[Tip] #195 The Gift of Nature



WHAT IF...playing outside nurtures your inner well-being?

RESEARCH SAYS: According to a new study, children who spend a significant amount of time playing outside (5 to 10 hours per week) feel spiritually connected to the earth and believe that they play a role in its protection. Children who are given plenty of free time to play outside have a deep appreciation for beauty (balance, symmetry and color), order, and wonder (curiosity, creativity and imagination). They notice the small things that are often overlooked, such as the intricate design of a bee's nest and tiny patterns in the water.

TRY THIS: Go outside! Sink your toes in the sand, study the grass, feel the wind in your

hair—so that the aliveness of nature can infuse your soul with beauty and order and wonder.

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