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Thank you for respecting the time, creativity, and effort that went into creating this resource!

My Outdoor Calm Quest



Pack your explorer kit!

Bring a few items outside:

- A journal or printed worksheet (below!)
- Something to write or draw with
- A towel or blanket
- Water bottle & snack (optional but awesome!)

Find your spot!

This can be a backyard, park, stoop, balcony, or even near a sunny window.

Complete the Quest!

Quest Challenge Instructions

🌸 Notice 3 things you've never noticed before.
Look around — it could be a bug trail, a leaf pattern, or a cloud shape.

🧘 Take 5 deep breaths.

Breathe in for 4, hold for 4, out for 4, pause for 4.
Repeat!

👟 Walk like an explorer for 2 minutes.

Move slowly, noticing how your feet feel on the ground.

☀️ Do one stretch while facing the sun or sky.
Try reaching your arms up like a growing tree.

✏️ Complete the reflection sheet.

Use the worksheet below!



My Outdoor Calm Quest

 I Noticed...

1. Something I saw: _____
2. Something I heard: _____
3. Something I felt (touch): _____

 My Breathing Moment

After taking 5 deep breaths, I feel...

- ☐ Calmer
- ☐ Sleepier
- ☐ More energized
- ☐ Still a little buzzy

Other: _____

 My Stretch Pose:

Draw or describe the pose you did:

 I Feel...

Circle all that apply (or add your own!):

-  Calm  Happy  Chill  Inspired
 Less Stressed  Curious  Connected

One thing I'm grateful for right now:

Draw something from your outdoor adventure — a leaf, the sky, a feeling, anything!