



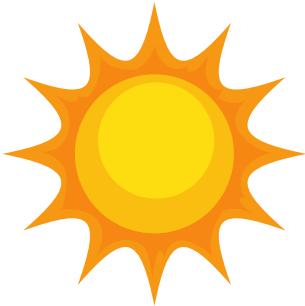
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# My Outdoor Calm Quest



## 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!