**A Moment in Nature**

Daily Examen by Heather Balyeat, Senior Teaching Professor, Biology

*Find a place outside where you can be comfortable and feel connected to nature. It doesn’t have to be in a park-your yard or a landscaped area is just fine. What matters is the connection. Start with just breathing for a minute or two.*

Feel the space. Name the parts of nature you experience. Do you hear birds? Smell dirt or flowers? Feel the breeze or the warmth of the sun? See the plants and animals?

Name the connections you have to those parts of nature. How does experiencing them affect you? How do you affect nature?

Reflect back on your day and week. Have you made time to be in nature in some way? Have you encouraged others to live in the natural world more?

Looking forward, are there ways you can build a greater connection to nature? Are there ways you can encourage others around you to develop deeper connections to the living world around us?

End by devoting time to give thanks and be grateful for the ways nature sustains us all.