



A BREATH OF Fresh Air WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



SEASON 2 | SPRING | SOWING SEEDS

EPISODE 1: MARCH 3 – MARCH 8

ACTIVITY: BRINGING THE OUTDOORS IN

What's New in Season 2?:

Welcome back or welcome for the first time to A Breath of Fresh Air with TAPS Outdoors! Now in Season 2, we are welcoming a few changes. Same feel, improved content, more opportunities to connect:

1. [Subscribe to our emails](#) for content and Campfire Chat invitations
2. [Bi-weekly content](#) – new activity videos & guides every other Wednesday
3. [Bi-weekly Campfire Chats](#) – every other Monday night following our Wednesday content, we will gather around the campfire
4. [Extended video content on YouTube](#)

What's Season 2 All About?:

As we transition from winter into spring, we welcome warmer days and many more opportunities to step outdoors. At TAPS, we know that, even when the sun is shining outdoors, our grief can still make days feel cold and overcast.

Spring is the season of new beginnings, and we look forward to preparing the ground, planting seeds and growing with you in the journey to blooms in Sowing Seeds. We will utilize the skills we developed over winter to plant seeds of hope for the flourishing summer ahead.

Season 2, Episode 1 – Bringing the Outdoors In:

On the first episode of Season 2: Sowing Seeds, Rachel shares about her own challenges of getting outdoors and how, sometimes, we have to find ways to bring nature indoors.

This week, utilize the Activity Checklist to find ways to bring nature into your home. Do activities on the list or add ones of your own!

YOUR ACTIVITY CHECKLIST:

(Do at least one from the list or add some of your own!)

<input type="checkbox"/>	Bring an object from nature indoors and think about what that object brings up for you
<input type="checkbox"/>	Do an activity that gets you moving and connects with nature indoors
<input type="checkbox"/>	Watch a show about nature and share about something you learn
<input type="checkbox"/>	Plant a house plant or learn how to propagate one you already have
<input type="checkbox"/>	Plan for your summer garden by drawing out how you will plant your crops
<input type="checkbox"/>	New to gardening? Choose one thing to grow this summer and how you will do it
<input type="checkbox"/>	Read a book or article about nature – Or listen to a nature podcast!
<input type="checkbox"/>	
<input type="checkbox"/>	

We'd love to hear about your experience this week! Remember, you can join us at our Campfire Chat on Monday, March 8 at 8 p.m. EST to share in discussion around this week's activity. You can also share your experience with us by taking a photo or video and sharing it on your social media platforms using [#TAPSOotdoors](#) or email us at expeditions@taps.org.

At TAPS we have resources that can meet you wherever you are in your journey with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

Join Us for Our Campfire Chat - Monday, March 8!

[CLICK HERE TO
SUBSCRIBE FOR
WEEKLY EMAILS!](#)

Join us on Monday, March 8 for our bi-weekly Campfire Chat at 8 p.m. EST! No other participation is required to join the Campfire Chat, so we encourage you and your fellow survivors register and join us every other Monday to connect around the campfire. [CLICK HERE](#) to receive your invitation to the Campfire Chat and get our weekly emails!