



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



SEASON 2 | SPRING | SOWING SEEDS

EPISODE 3: MARCH 31 – APRIL 5

ACTIVITY: SOWING SEEDS OF COMMUNITY

Season 2, Episode 3 – Sowing Seeds of Community:

Community is essential to a thriving life, and even more so when we are grieving. Here at TAPS we understand intimately well the need for a community to feel understood, supported and grounded. This week, we invite you to explore community in Nature, in TAPS and in Your Neighborhood. Use the checklist below or add your own!

YOUR SOWING SEEDS ACTIVITY CHECKLIST:

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

Sowing Seeds of Community in Nature

- Notice and learn about the ecosystem around you
- Design a garden bed at your house and build a nature community in your yard
- Write in your journal after you take a curiosity walk in your local park. Answer questions like: How do I feel in a nature community? How would I describe “community” when I’m in nature?

Sowing Seeds of Community in TAPS

- Attend an [in-person event](#) in your area
- Join a [virtual event](#) or our [online community](#)
- Read the [TAPS Magazine](#) or one of our many [online publications and resources](#)

Sowing Seeds of Community in Your Neighborhood

- Volunteer at a local community garden or park
- Read your local newspaper, watch the local news
- Vote in your next local election
- Volunteer to pick up trash along the roadside

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:

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

We’d love to hear about your experience this week! Remember, you can join us at our Campfire Chat on Monday, April 5 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 [#TAPSOudors](#) 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**.

Write
Yours
Here!

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

Join Us for Our Campfire Chat - Monday, April 5!

Join us on Monday, April 5th for our bi-weekly Campfire Chat at 8 p.m. EST! No other participation is required to join the Campfire Chat, so join us every other Monday to connect around the campfire. [CLICK HERE](#) to subscribe to our emails!