



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS



## OCTOBER THEME: GETTING & STAYING GROUNDED

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Week 3: October 21 - 27

### Activity: Connecting to the Land

As we continue to explore getting and staying grounded, we invite you to actually get to know the ground around you. In this week's activity, *Connecting to the Land*, we encourage you to do what feels right for you. There's no right or wrong here, just connect.

#### *Short List of Resources on Connecting to Our Land:*

1. **Plant Something.** This week Rachel planted a house plant on Episode 3. Here are a few other things you could plant this fall.
  - Plant a house plant (or maybe a few). Read this [Houseplant Care Guide](#) for more support.
  - Plant trees, shrubs, or bulbs. Read this article on [Winter Landscaping](#) for more.
  - Plant fall or winter gardens. Read this [How To](#) for more.
  - [Plant](#) veggies or herbs in pots indoors.
2. **Learn about the history of your land and its people** from your personal family to the indigenous peoples that have called it home for centuries.
  - Visit [the National Museum of the American Indian](#) to research what tribes have lived and continue to live on the land in your area.
  - There are tribes all over the US that are recognized federally, by state and

locally. It's important to know there are cultural centers in every state for various tribes. For example, you can learn more about TAPS' home state of Alaska at the [Alaska Native Heritage Center](#).

3. **Go barefoot** and practice the ancient ritual of earthing.
  - The earth is like a giant battery that contains a natural, subtle electrical charge that literally grounds us as we go barefoot.
  - Read this article on [Grounding the Human Body](#) to learn more about the benefits and how to's.
  - You can also read this research article on [Earthing](#) for more.
4. **Learn about and dig into the kinds of soil where you live.**
  - You can read [Soil Basics](#) to learn more about the importance of our soils.

#### *How to Continue in the Conversation & Connection:*

- Take a photo or video and share it on social media using **#TAPSOudors** and tag us @tapsorg on Instagram. OR email us at [expeditions@taps.org](mailto:expeditions@taps.org) and share about your experience.

## *Learn More about the Importance of Connecting to the Land*

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- Ashley Leal, TAPS Staff member and tribal member of the Lipan Apache Tribe of Texas, shared, "**The land that we live on is everything, caring for it means that we can continue living.** It also shows the resilience of native peoples as we are still living and practicing our traditions today. I would just encourage people to learn more about their environment and the history of the people that have and continue to live on the land." You can learn more about Ashley and the work she's doing in her community to help educate others in [Native American Peoples of South Texas](#).
- If you're interested in learning more about gardening and it's benefits you can read:
  - [Benefits of Gardening](#)
  - [Why We're All Gardening and Baking So Much](#)
  - [Ways to Enjoy Your Garden This Winter](#)