



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS



OCTOBER THEME: GETTING & STAYING GROUNDED

Week 4: October 28 – November 3

Activity: Home Sweet Home

As we round out our first month of [A Breath of Fresh Air](#), learning together about Getting & Staying Grounded, we come together in this week's activity, *Home Sweet Home*. The goal is to connect with nature where we live, from our backyards to our living rooms. Below we break down three simple spaces and activities you can do in each.

Three Ways to Connect With Nature at Home:

- Your Outdoor Space** – Some of us have backyards, some have apartment balconies and others may have the shared green space of their community. Here are a few ways you can connect to nature outdoors, no matter where you are:
 - **Go for a walk** and mindfully observe the natural world from birds to plants, and even the differentiation in your grass.
 - **Plant something** for the springtime. Utilize some skills from [last week's activity on Connecting to the Land](#) and plant bulbs or trees for the future!
 - **Play a game** of guess that cloud shape and reconnect with your inner child. [Research shows](#) play can improve our mental health.
- Nature In Your Living Room** – If you aren't a fan of the cold or simply don't have green space at your home, this is your opportunity to bring nature inside! [This article](#) can give you even more helpful hints.
 - **Plant a houseplant** and bring nature indoors while also fostering a sense of accountability for the health of the plant.
 - **Open your blinds or windows** and let in the sunshine. Looking out to the sky and seeing the natural world, even from your window, invites us to be in the present moment.
 - **Get out your collection** of rocks, shells, sticks and mementoes from your previous nature experiences and reminisce.
- Your Virtual Landscape** – We have the ability to access nature by simply looking up imagery and videos on our phones, tablets, computers or televisions!
 - **Change your background** on your phone, television or computer to a photo of the natural world. [View this article](#) to download a few.
 - **Watch a documentary** or show about our planet and let yourself get lost in the present moment. Imagine yourself in the environments you see on the screen.

Remember to share your experience with us by taking a photo or video and sharing it using **#TAPSOudors** or email us at expeditions@taps.org! We look forward to hearing from you!

Connect with Fellow Survivors on the Monthly Campfire Chat

Each month we will host a Campfire Chat on the Monday evening following our last Wednesday episode of the month. This month's [Campfire Chat is on November 2nd at 8 p.m. EST](#). Here's how you can join us and what to expect:

- [Register at this link](#) to receive video login information.
- Join us on Monday, November 2nd at 8 p.m. EST for our virtual campfire.
- Connect with TAPS Outdoors Staff and your fellow survivors to dig deeper into this month's content and to learn from one another.