One of the things about nature programs is that they can be expensive. Participating in nature doesn't have to be – afterall, nature is FREE. These activities can be done anywhere, anytime.

As a former public school teacher, I taught thousands of students and was saddened by the growing number of students who lacked a sense of love and belonging. I also saw students with ADD, ADHD, depression, anxiety and some even had suicidal thoughts. As the owner of a small business in the holistic health field, I also saw many of the same things surface in the adults I worked with. It was important to me to find a way for these people to feel that they were an integral part of something bigger themselves and that they could, in fact, experience love and support despite the environment they were living in. The activities are designed to engage the members of families/classrooms/groups in mindful dialogue and/or reflective writing about their experiences in nature.