

ON THE LAND

Spending time on the land is a very healthy activity, especially during a difficult time in your life. Have you been taking time to go out on the land recently? Fill in the blanks below!

When I am on the land I feel...

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My favorite thing to do on the land is...

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My favourite place to go on the land is...

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When I am on the land, I notice that...

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When I am on the land, I know that...

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Being on the land reminds me of...

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