



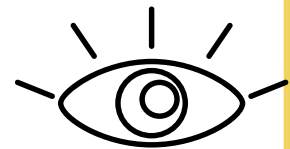
The Feelings of Anxiousness

Feelings are real! When we connect to nature, we bring our senses alive.
Then we can create a new feeling... Draw and write

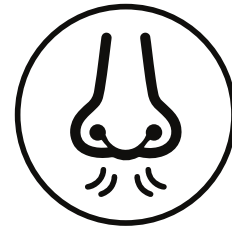
I can touch



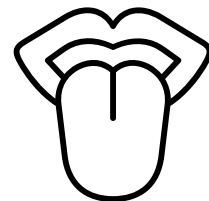
I can see



I can smell



I can taste



I can hear





The Feelings of Anxiousness

Feelings are real! When we connect to nature, we bring our senses alive.
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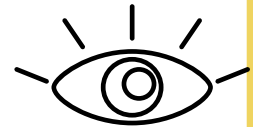
I can touch

When I touch nature, I feel support!



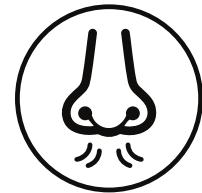
I can see

When I see nature, I feel joy!



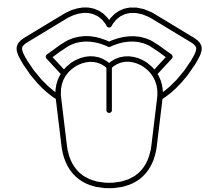
I can smell

When I smell nature, I feel calm!



I can taste

When I taste nature, I feel nourishment!



I can hear

When I hear nature, I feel wisdom!

