

Touch The Grass — Nature Connection

Step Away From the Screen. Step Into the World.

We spend hours looking at screens—scrolling, watching, liking, comparing.

Meanwhile, there's an entire world happening outside.

Sunlight. Fresh air. Movement. Sounds. People. Places. Experiences.

Sometimes reconnecting with yourself starts with something incredibly simple:

Go outside.

Trade the Scroll for the Real Thing

Instead of watching someone else's adventure → **Take a walk.**

Instead of scrolling when you're bored → **Step outside for 10 minutes.**

Instead of watching another sunset online → **Go see one.**

Instead of texting a friend all afternoon → **Meet them outside.**

Instead of looking for something to entertain you → **Explore somewhere new.**

You don't need a major adventure.

Sit in the sun.

Walk the dog.

Go to the beach.

Ride your bike.

Shoot hoops.

Hike a trail.

Watch the clouds.

Listen to the ocean.

Feel the grass under your feet.

The 20-Minute Outside Reset

Once a day, spend **20 minutes outside without scrolling.**

Notice what's around you.

What do you see?

What do you hear?

What do you feel?

Let your brain experience something that isn't being delivered by an algorithm.

Take Someone With You

Real-world connection doesn't have to mean disconnecting from people.

Ask someone to:

Walk. Hike. Surf. Skate. Bike. Play a sport. Go to the beach. Watch the sunset.

Phones can help us connect.

Then we can put them down and **actually connect.**

Your Challenge

This week:

- [] Spend 20 minutes outside each day.
- [] Take one walk without scrolling.
- [] Do something active outdoors.
- [] Meet a friend outside.
- [] Watch one sunset without posting it.

Remember

Nature doesn't send notifications.

It doesn't count your followers.

It doesn't ask for likes.

It doesn't care what you're wearing.

It just asks you to show up.

TOUCH THE GRASS

PUT DOWN THE PHONE.

STEP OUTSIDE.

TOUCH THE GRASS.