



How to Backyard Safari



Step 1.

Walk Barefoot.
Let your feet feel the
Earth.
Take your bestie, your dog
or teddy bear.



Lay on the
ground.
Close one eye.
Look closely. Look
in the distance.
Repeat.



Step 2.

Wait for what comes to you.
A bug. An ant.
She's your new best friend.
Take a picture.



Step 3.

Write down your observations.
What is she telling you about your
life? Write it down.



Start a field journal.
Map your surroundings.
Let the wild lead and teach
you.



Step 4.