

# Every Day

## Garden Mindfulness Practices



Greet the Day - consciously begin the day by reflecting on the miracle of life on the planet and how the green world supports us.



Say Grace - before eating any meal stop and give thanks to the plants, people, and energies that made this meal possible. In your mind, trace the routes it took for food to arrive at your table.



Reflect at Days End - review the day and your connections to gardens and the world of plants - every breath we take is supported by the green world.



*Growing Mindful*

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