

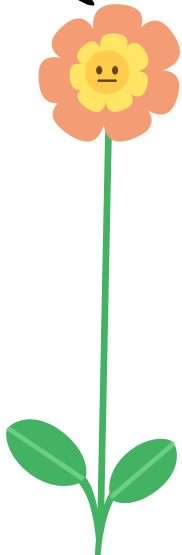


# HOW CALM WERE YOU THIS WEEK?

A CALM AND RELAXED FLOWER GROWS TALL AND STRONG. USE THE FLOWER GAUGE TO SHOW US HOW YOU FELT THIS WEEK AFTER INCLUDING NATURE IN YOUR ROUTINE.

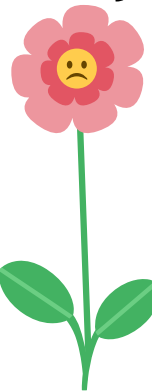


I was worried about my homework, but after reading outside at lunchtime I felt a lot calmer.



Monday

Today I was on my computer all day and did not go outside at all. I went to the window but it was not enough.



Tuesday

I had a picnic with my friends and then swam in the ocean. I feel great!



Wednesday

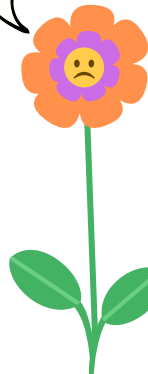


I spent most of the day barefoot in the park reading my book for English class. So calming

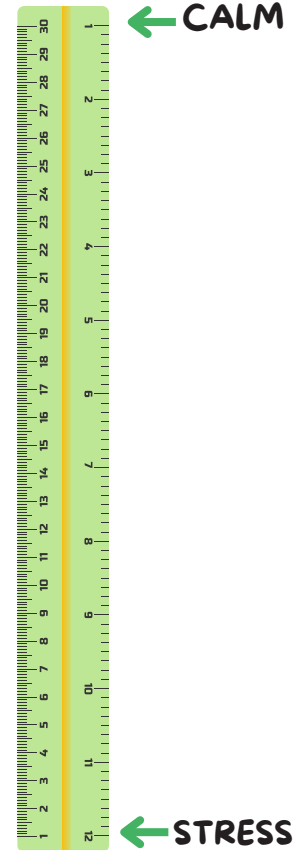


Thursday

Once again I spent a lot of my day in the house watching television. Not feeling so good.



Friday



THE MORE NATURE YOU INCLUDE IN YOUR LIFE, THE CALMER YOU WILL BE.

