

These cards are designed to encourage fleeting nature escapes; where one can apause, reset and go.

PRINTING INSTRUCTIONS

The Escape Nature cards are designed as Tag Cards.

Each card within this PDF is considered one page.

When printing onto an A4 Card, in printer settings, select Size
& Handling - Multiple - Custom - Press the down arrow to
choose how many pages to print on one A4 Card.

This will determine the size preference you'd like. 16 pages per A4 Card will create tag-sized cards. If you'd like them larger, choose less per page.

IAMINATE FOR DURABILITY







Walk barefoot being mindful of the textures beneath your feet.











Pause!



Breathe Deep.

































Pausel Catch raindrops with your tonque. It's fun!















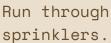
Plant a seed.



















Fly a kite.





Go Fishing!





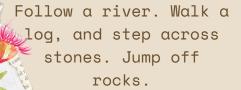


















Time for quite reflection.









Take a pottery class.

Mindfully mould the clay, relax at the spinning wheel.









Make a call to someone you haven't spoken to in a while.





















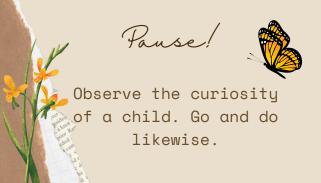


















Be present in the moment.





