



Baltimore Woods
Nature Center
Nature in your hands

Wild Wellness



When thinking about “nature” as a concept, many things can spring to mind - peaceful streams rolling downhill, the rich hues of blanketed moss, the upper limits of human capacity atop the world’s tallest peaks. Whatever nature may mean to you, being outside is important to your mental and physical wellbeing. As state and nationwide protocols are advising social distancing, it’s an ideal time for connecting with the outside world. Spring is coming, friends, let that sunshine in.

Setting goals to get outside can motivate you to actually get out there and get some fresh air. Below, fill in goals for the week ahead. Remember to set specific, relevant, and measurable goals. But don’t forget to dream a little.

I want to try something new outside this week, and that is

I will accomplish this by

One thing I always wanted to do outside, but never had the time for is

I will make this goal a reality by

I love the outdoors and I love myself. One way I can show myself and the outdoors some love is to

