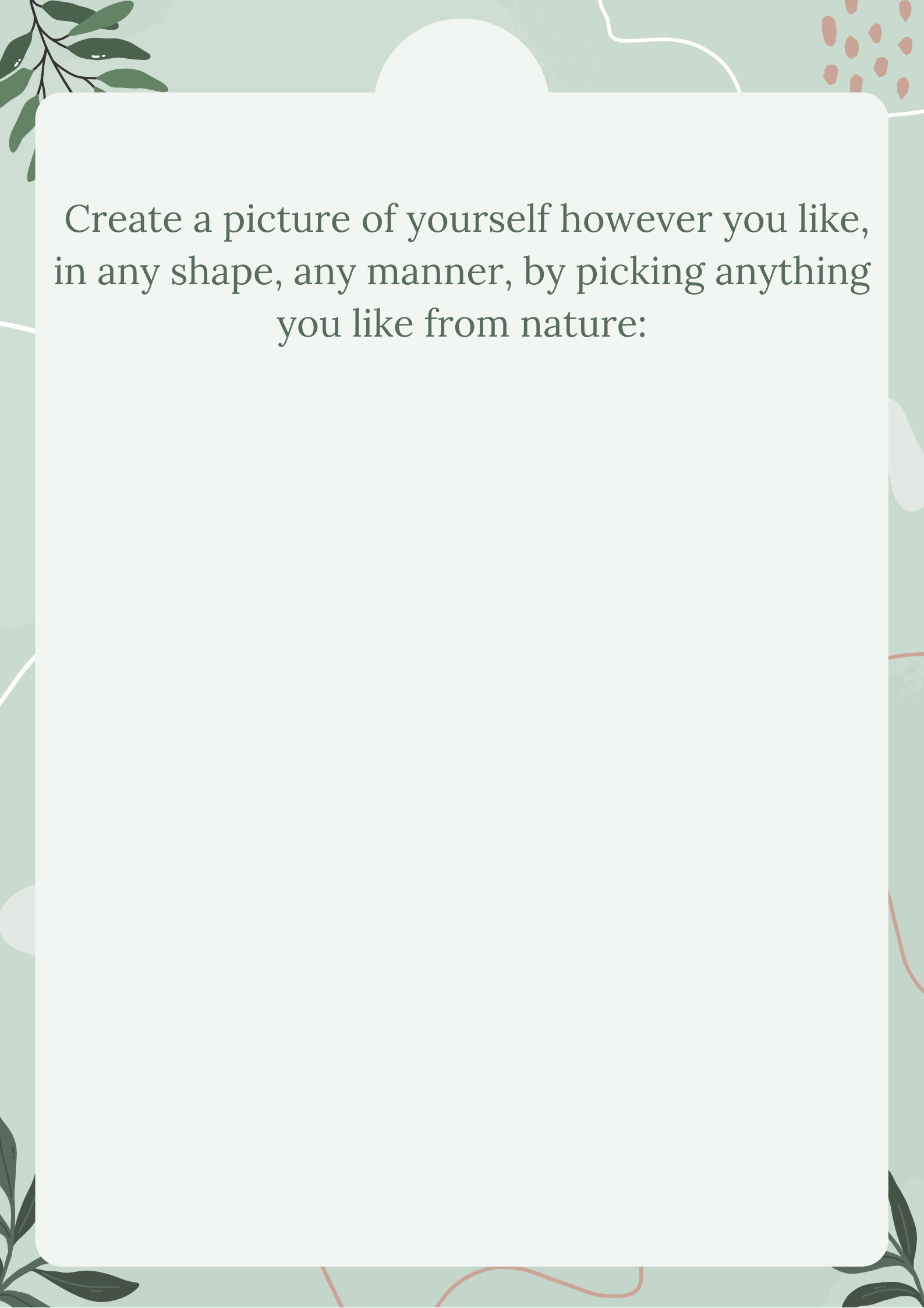# NATURE THROUGH YOU

Spend time with nature to nurture
your mind, body and soul :)

Create a picture of yourself however you like, in any shape, any manner, by picking anything you like from nature:

What does nature mean to you?

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Pick any form of nature and pin/paste it on the sheet:

Now, write down what it represents to you:

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