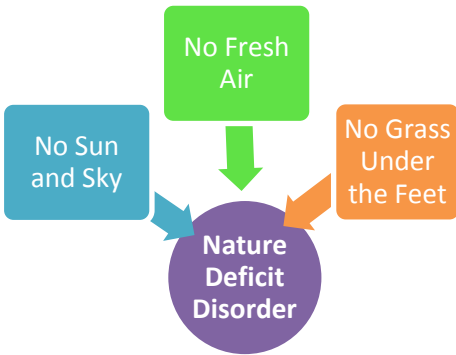


SPARK Forever with a Healthy Spirit

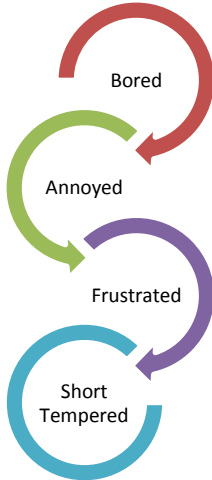
Chapter 1: Nature Funsheet

1. What happens to a flower that has been taken from nature? _____
2. What will happen to you if you are deprived of nature? _____

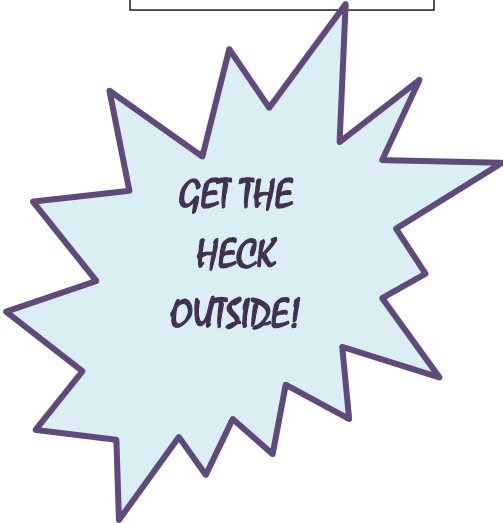
THE DIAGNOSIS



THE SYMPTOMS



THE REMEDY



What about YOU?!

List some situations when you might have had a little Nature Deficit.

- _____
- _____
- _____
- _____

What are some ways you like to enjoy being in nature to restore your beauty?

- _____
- _____
- _____
- _____

What is 'Earth Surfing'?

- Surfing the web for things about the 'Earth'
- Riding a surf board across the grass
- A silly name we made up for getting outdoors and feeling the earth between our toes to restore our beauty and connect to nature

