

12 WAYS TO EXPLORE LIKE A LANDSCAPE NERD

Mini adventures and questions to ask yourself when you're outside

CHECK IN WITH
EVERY SENSE
(TASTE ONLY
WHEN SAFE)

LOCATE THE
BEST PLACE TO
SIT AND RELAX

RECORD- TAKE A
PIC, A VIDEO, OR
A VOICE MEMO

WHO ELSE IS
HERE? (PEOPLE,
ANIMALS,
INSECTS)

TAKE TWO DEEP
BREATHS AND
LOOK UP

FIND 5 DIFFERENT
TEXTURES
(GET TOUCHY-
FEELY)

FIND 5
DIFFERENT
PLANTS

LOOK FOR DESIRE
LINES
(PEDESTRIAN-
MADE PATHS)

WHEN DID IT LAST
RAIN HERE? HOW
CAN YOU TELL?

OBSERVE HOW
THINGS WILL BE
DIFFERENT ON
YOUR NEXT VISIT

TAKE A PICTURE
AND SHARE IT
WITH YOUR BEST
FRIEND

TELL SOMEONE
ELSE ABOUT YOUR
EXPERIENCE

Whether you are nerdy by nature or you have to work
hard to nerd hard. I hope this is helpful

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10 WAYS TO EXPLORE

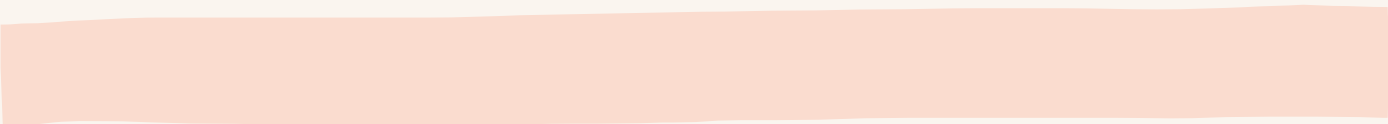
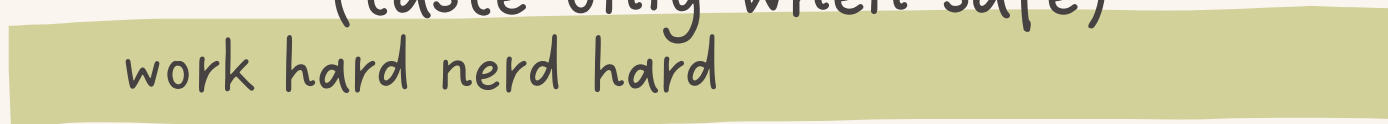
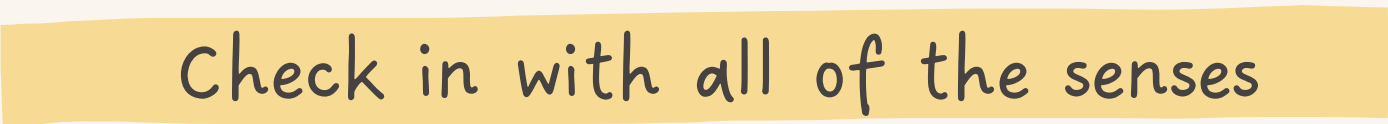
LIKE A LANDSCAPE NERD

Take a warm bath or shower
Read or journal in bed
tea

Check in with all of the senses

(taste only when safe)

work hard nerd hard



What exploration tips do you have? Comment below!

EXPLORE



Like a landscape nerd

Cook or order a comforting dinner

Take a warm bath or shower

Light candles or essential oils

Make a cup of tea

Read or journal in bed



What's your favourite way to wind down? Comment Below!

How to explore like a Landscape Nerd

Growth can still be found in stillness

Comfy clothes make uncomfortable
times more comfortable

Taking a break
does not mean I'm a failure

Struggling does not mean I'm failing

Not giving my mind time and space
to recharge is unproductive

@reallygreatsite

