

30 Days to Reflect on Nature: Writing Challenge

March 24th marks thirty days before Earth Day (April 22nd). Each prompt of the day will invite you to consider the role of nature in our lives and the ways we interact with it everyday!

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| Think about your favorite place outdoors. Write about what five minutes in that space is like. What do you see? What do you smell? What do you taste? What can you hear? What can you feel? <i>Day 1</i> | What's your favorite flower? Describe it! Does the description of the flower trigger any specific memory/memories? <i>Day 2</i> | Think about the last time you were by a big body of water. What time of day was it? Was it busy or empty? Were you on the shore or in the grass? What were you thinking? <i>Day 3</i> |
| Describe the sound of the forest. <i>Day 4</i> | Do you have any dream camping or hiking spots? Where is it? What draws you to that location? What are you hoping to see there? <i>Day 5</i> | What is your earliest memory of a storm? It could be a snowstorm, thunderstorm, or a lightning storm. Were you scared? Excited? <i>Day 6</i> |
| What's your favorite season? What elements of the season make it your favorite? Is it the feeling of warmth right after brushing snow off your hair? Is it the smell of flowers drifting in through an open window? <i>Day 7</i> | Describe what a walk in your neighborhood is like! What animals do you see scurrying by? What kind of trees are paving the way? <i>Day 8</i> | Where have you seen one of the best sunsets or sunrises? How did you get there? Were you with anyone? What colors were the sky? <i>Day 9</i> |
| What do you think is the best season to be outside? Why? What makes it different from the other seasons? <i>Day 10</i> | How did nature play a role in your imagination when you were a kid? Were trees suddenly fortresses? Was the trail behind your house the start of a treasure hunt? Were bees your secret messengers? <i>Day 11</i> | What is your least favorite type of weather? Is it the sleet that comes across a car windshield? The rushing wind that bangs against your house? When it happens, what do you wish the weather was like instead? <i>Day 12</i> |
| Describe your perfect day as if you were something in nature. (For example, if my perfect day was spent at the beach I would write from the perspective of a stone that is sitting by the shore) <i>Day 13</i> | Where have you seen your favorite color(s) outdoors? Was it on the feather of a bird? Or the petals of a flower? Do you see your favorite color in nature a lot? <i>Day 14</i> | Describe the smell of the beach. <i>Day 15</i> |

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| What is the sound that you most associate with nature? Why is that sound so closely linked to the outdoors for you? Is it attached to a memory or is it the sound you hear the most when you're outside? <i>Day 16</i> | What is the best food to eat outside? Is it s'mores over a campfire? A hot dog while on a walk through the neighborhood? A sandwich during a picnic? When was the first time you ate it outdoors? When was the last time you ate that food outside? <i>Day 17</i> | Who is your favorite person(s) to go on a walk with? Where do you usually take those walks? Describe what one of these walks is like. <i>Day 18</i> |
| Have you been to any of the national parks? Which ones? What was a memorable experience you had there? If not, which ones do you want to go to? What would a trip there look like? <i>Day 19</i> | Are you a collector of nature memorabilia? This could be like rocks or pressed flower petals or interesting sticks. What does this collection mean to you? If you aren't a collector, what do you think of people who are collectors? <i>Day 20</i> | Recount your last adventure in nature. <i>Day 21</i> |
| Think about the differences in your life between transitional seasons (Spring and Fall) and core seasons (Summer and Winter). How different are your habits? How different is your day to day? Are there things you do that can only happen in one season? <i>Day 22</i> | What is the sound of nature you find the most relaxing? Is it waves hitting the shore? Rain hitting against your window? Wind rustling leaves? When do you need to hear those sounds the most? <i>Day 23</i> | Is there a flavor you associate with each season? Are the flavors associated with a meal or a snack or a drink? What are some memories you have of those seasons? <i>Day 24</i> |
| Describe the differences you feel between rain and snow. <i>Day 25</i> | Are you afraid of anything in nature? This could be the weather or a creature or a type of landscape. Write about where that fear comes from. <i>Day 26</i> | What do you think is the best season to be outside? Why? What makes it different from the other seasons? <i>Day 27</i> |
| Have you ever travelled somewhere that had completely different nature conditions? From the weather to the greenery to the animals, how did you experience these differences? If you haven't yet, where do you wish to travel to? What are you hoping to experience? <i>Day 28</i> | When was the last time you felt completely immersed in nature? What made that experience different from other times you've been outdoors? Write about that memory. <i>Day 29</i> | When you were a kid, what was your favorite thing to do outside? When was the last time you did that activity? What changed? Do you do a variation of that activity now? <i>Day 30</i> |