

Day #7, Activity #7

OUTSIDE SUNDAY

So, here we are in day seven of this new world and the sun is shining in New England. Many of us have unsettled thoughts about our situations and the uncertainty of not knowing when it's going to end. To that end, it's time to get outside and enjoy the day any way you can. There are plenty of dog walkers in my neighborhood and the dogs don't seem to know the first thing about social distancing. They greet each other as always, frolic and jump, race and cavort. Of course, that's the beauty of dogs. Along with the dogs, there are people jogging and hanging in their yards enjoying a little fresh air.

Writing Activity: Go for a walk if you can. If you can't, look out the window.

Here are some questions to consider for your daily writing session:

What does it look like outside your home, your yard, your street?

What can you observe going on outside?

Who is out and about and what are they doing?

How does it feel to be outside? How does it change your mood?

How often do you go outside and what do you do?

Why do you think the natural landscape is so healthy for us?

Can you describe your neighborhood to a stranger?

Make a list of twenty things you observe on your walk.