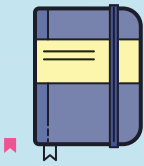




Rewilding Challenges



Start a journal to record your rewilding challenge



Take off your shoes and feel the ground under your feet



Lie down on earth and focus your energy on the sky



Take your meal outside



Gather treasures in nature like acorns, leaves, and rocks



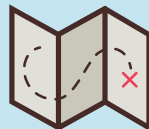
Go outside and notice how many trees can you find



Lay a blanket down and look up at the night sky



Make a sound map



Discover a new outdoor place

