



# Nature in Motion

Gently test the flexibility of branches and grasses nearby. How do these grasses and branches feel on your finger tips? Do these branches and grasses bend with ease?

Take a moment to move your body like tall swaying grass. Try reaching up to the sun with your hands and then reach down to touch the Earth.

Are there moments in your life when you were not flexible, but were rigid or stubborn? How did this affect you and others? What advantages are there to being flexible in a storm?



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