



Archway Connection

The Not-for-Profit Centre for Emotional Wellness & Experiential Learning



Pining for Spring

It's a gorgeous Spring day today.
We're between the white of winter and the colour of summer.

Let's go out for a 30min-1h walk.
Breathe in the fresh air, feel the warm helping rays of the sun.
During your 'socially distant,' inwardly connecting, walk, gather a few twigs and pinecones.

Let's make a healing bouquet for our soul!!!

You will need:

- pinecones
- twigs
- paint and brushes
- a playful imagination
- maybe a vase or a flat piece of wood to build you bouquet.

One rule: HAVE FUN!!!

P.S. If you don't have paint in the home, do you have nail polish?
If you use nail polish, please be sure to open a window so you have good ventilation.