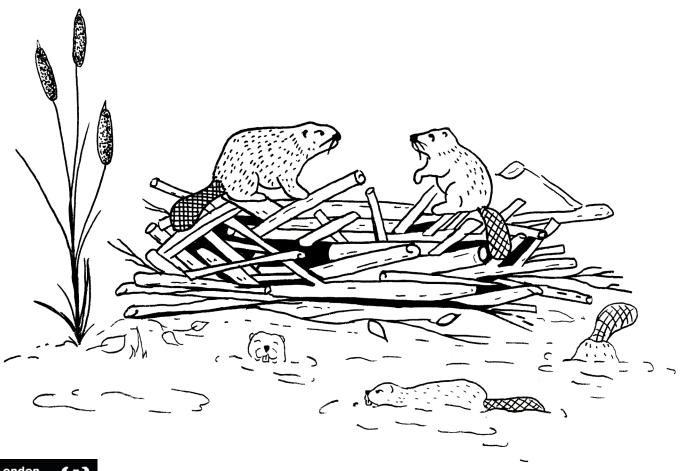
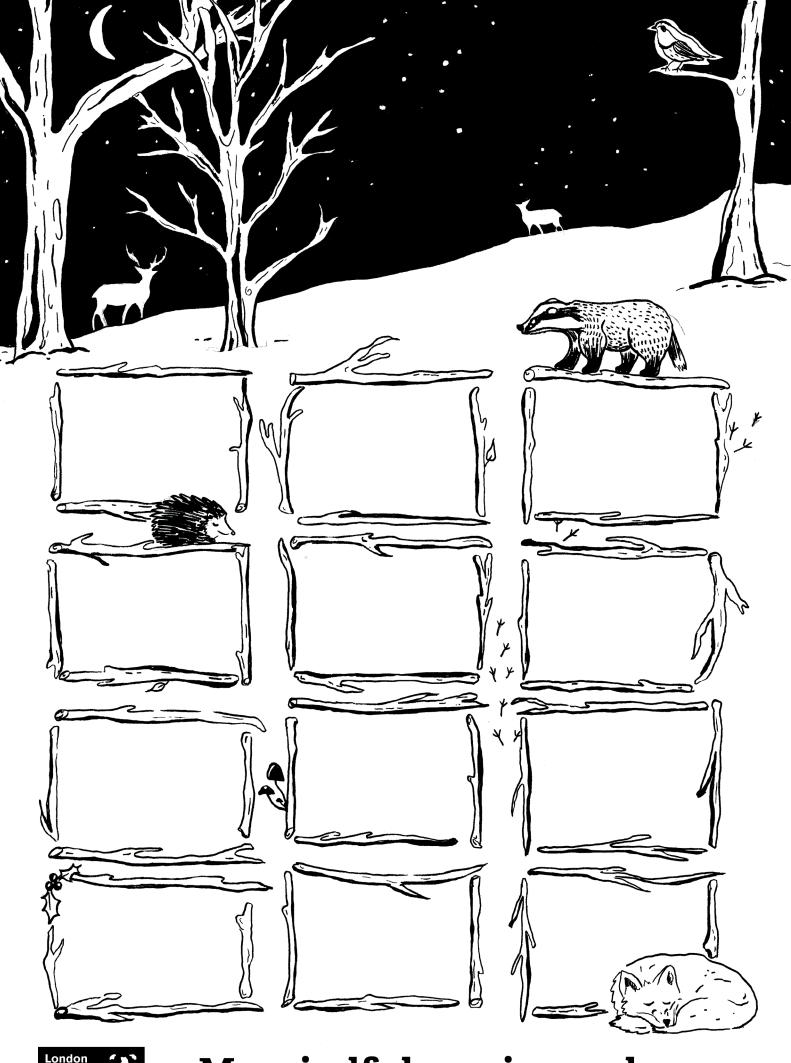
## **12 Days Wild** mindfulness journal

Take a moment each day to reflect on your connection with nature. Express yourself through drawing, writing, or any way that feels right to you.







London Wildlife Trust My mindfulness journal