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I Care for Nature and Nature Cares for Me

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60 tips and activities for protecting nature and deepening your connection to it.

Nature lives in your backyard, your street... even in your bedroom! It is in the water, the air, animals, and countless other things that are essential to life and bring us joy. We need nature and these days, it needs us too! In this activity book, help out birds, cut back on waste, make a seed bomb, or slip away for a relaxing forest stroll. Are you ready to observe nature, discover its treasures, and protect it?

- Information to help you understand the secrets of the environment!

- Tips for diverse DIY projects!

- Leisure activities for revitalize yourself through contact with nature

- A cutout calendar wheel for cooking with seasonal ingredients
