

These are the Things

Oystercatcher, Turnstone, Sanderling, Gull x3
And my heart is full

Birdsong in the morning
A dandelion growing through a crack in the tarmac
A clear sky at the dawning
Walking along the cycle-track

Thunderstorm & Sunshine, Snow-showers, Rain x3
Help me breathe again x3

Feel a breeze on my skin
Texture of the bark on a knobbly tree
Walking barefoot on the earth
The green grass warm underneath my feet

Riverbank, Forest, Wilderness, Moor
Make my senses raw

My eyes connect me to nature
Of course, all my other senses too
Flowers, plants, moving water
I like to sit and watch the seasons move through
Thunderstorm & Sunshine, Snow-showers, Rain x3

Help me breathe again x3

Solo in wild places

Feeling I become part of the vast eternal sky

Immersing myself in water

The thrilling rush of the making tide

Babbling Brook, Ocean, Waterfall, Waves x3

See me calm and brave

Sleeping under canvas

Imagining my hands delve in deep rich soil

Soaking up the sunshine

I remember I am nature. And nature is me

Oystercatcher, Turnstone, Sanderling, Gull x3

And my heart is full (repeat many times, adding in..)

Coda: Add any of:

Help me breathe again

See me calm and brave, Make my senses raw

These are the things,

plus extra words on cards/sounds/ etc.