

Seasonal Rhythms Planner

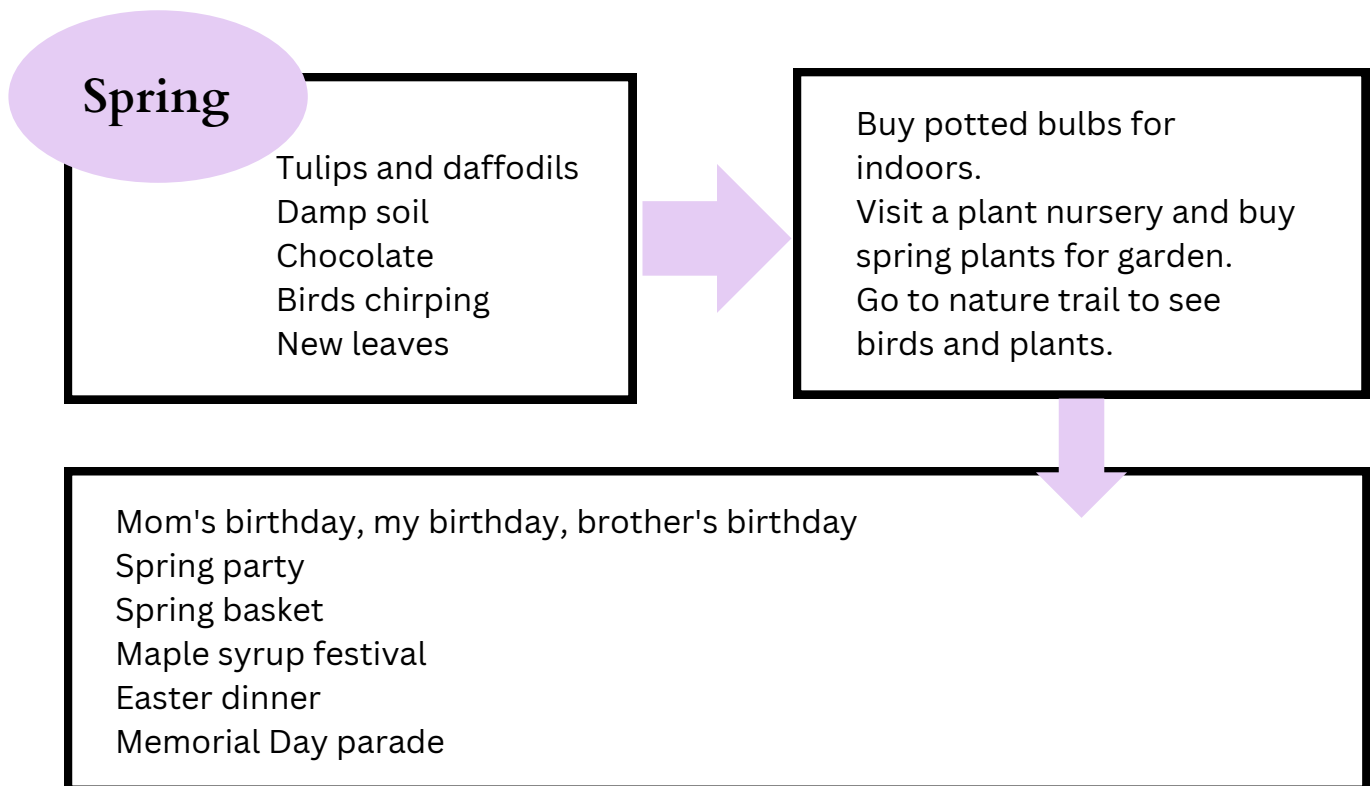
How to use the Seasonal Rhythms Planner

In the upper left box, list anything having to do with the senses that reminds you of the season. What sights, smells, tastes, sounds, and textures do you enjoy?

In the upper right box, brainstorm how you can incorporate the items from that list into your lives during that season.


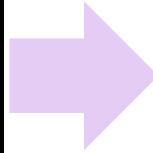
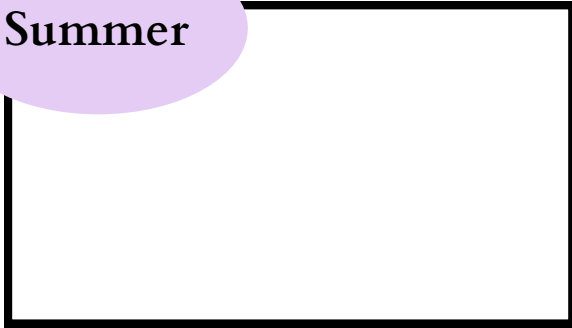
In the bottom box, write down any special family activities you enjoy or want to add to that season.

Here's an example:

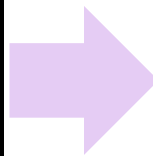
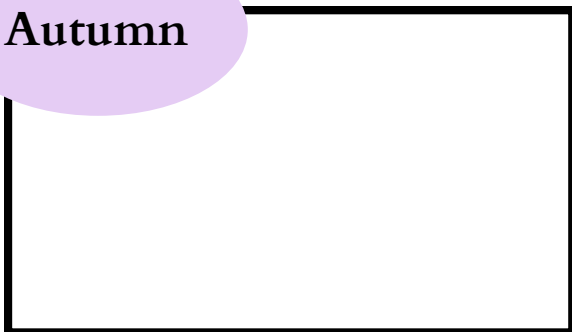


Seasonal Rhythms Planner

Summer


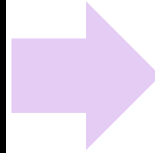
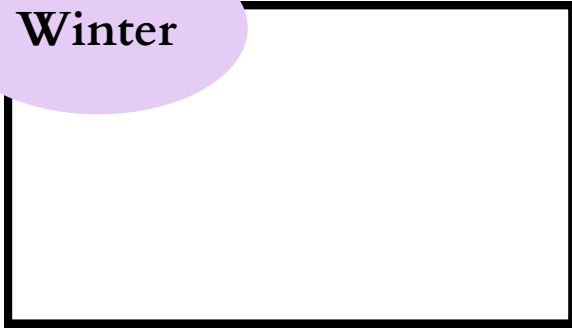


Autumn



Seasonal Rhythms Planner

Winter



Spring

