Seasonal Phythms 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:

Spring

Tulips and daffodils Damp soil Chocolate Birds chirping New leaves

Buy potted bulbs for indoors.

Visit a plant nursery and buy spring plants for garden. Go to nature trail to see birds and plants.

Mom's birthday, my birthday, brother's birthday Spring party

Spring basket

Maple syrup festival

Easter dinner

Memorial Day parade

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Summer		
Autumn		

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Winter	
Spring	