

9. Scavenger Hunt. Animals are always building, hunting, gathering and scavenging. Take a walk around your backyard or a hike in the neighborhood to collect a few of nature's discarded treasures. What did you find? An empty bird's nest, twigs, acorns, feathers, bark, pinecones, or nuts? Design a natural art piece together.

10. Introduce animals. Children are naturally drawn to animals. Since grounding, I've noticed a huge uptick in people who have decided to buy newborn chickens, rabbits, birds, potbelly pigs, goats, dogs and cats to familiarize their children or grandchildren with animal husbandry. As someone who was born and raised on a farm and has always been surrounded by animals, I'm a huge proponent ... with this caveat. Remember that these adorable babies grow up to be adult animals who aren't always so cuddly. They require food, water, grooming, shelter, and constant care throughout their lives. Raising any animal teaches discipline,

responsibility, patience, kindness, gentleness, interdependence and love. These are all magnificent virtues. Are you ready and prepared for the long haul?

Gardening has many benefits for the physical and mental health of everyone in the family. According to the Centers for Disease Control and Prevention, we burn approximately 330 calories per hour of gardening. Gardening lowers our blood pressure, it reduces depression, anxiety and stress while increasing our wonder, happiness and satisfaction.

For the foreseeable future, we are all grounded, but we don't have to endure a perpetual Groundhog Day. Expand the quality of daily living by proposing the joys of gardening and being one with nature to your children, teens and community. Go outside and meander.

Stay healthy. Stay safe. Stay sane. Stay home.

Happy Gardening. Happy Growing.



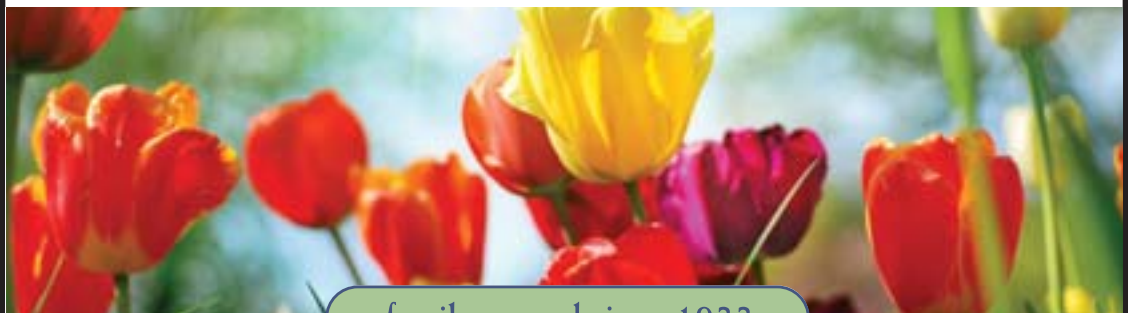
A toddler enjoys learning about chickens and nature from Cynthia Brian.



Cynthia Brian's selfie in the trees

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach, as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at [www.StarStyleRadio.com](http://www.StarStyleRadio.com). Buy copies of her best-selling books, including, *Chicken Soup for the Gardener's Soul*, *Growing with the Goddess Gardener*, and *Be the Star You Are! Millennials to Boomers* at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store). Cynthia is available for virtual writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

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