

Heart + Soil Day



www.lycored.com/heart-and-soil-day

I belong to: _____

Let's fill in the blanks.

When you think of nature, what do you picture? Whether your answer is trees, bees, flowers, or waterfalls, one thing is clear: There is no shortage of wonder when it comes to what the earth gives us. Heart + Soil Day is about celebrating our connection to the planet, and this little book is our way of helping you do just that. Take it outside, enjoy your surroundings, and let your creativity run wild.

We love sharing.

Snap a pic of your handiwork and share it with us on Instagram and Twitter [@LycoredLTD](#) with the hashtag [#heartandsoilday](#).



Instagram



Twitter



Fun fact: Tomatoes are an excellent source of lycopene, which is great for your heart, bones, and skin.

Draw your own garden!
What would you grow in it?





Fun fact: Marigolds' petals are packed with vision-supporting lutein.

What's your favorite thing to do when you go to the park? Sketch it.



Fun fact: Rosemary contains carnosic acid which helps support skin health.

What's the most beautiful thing
you've ever seen in nature?

