



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Changing Landscapes • November 2020

## NOVEMBER THEME: CHANGING LANDSCAPES

WEEK 2: NOVEMBER 25 – DECEMBER 1

ACTIVITY: FINDING GRATITUDE IN CHANGE

In our eighth episode of [A Breath of Fresh Air](#) with **#TAPSOudors** we are closing out [Changing Landscapes](#) with our last activity of *Finding Gratitude in Change!*

Gratitude can be our pathway to joy. Small moments of gratitude practice can help us, even under the weight of change. As surviving families we know that gratitude can be difficult, especially during the holiday season, but together we can remember the love and let joy trickle back into life.

Gratitude is a practice and something we must choose. When we experience change, we open the door for something new, shares Erin Jacobson of Women's Empowerment. These moments are liminal spaces where we acknowledge the present moment, while reflecting on the past and looking to the path forward.

We encourage you to acknowledge the changes around you, like we did in week one this month, and in that moment practice gratitude for something small in that change like new colors in the natural world, newfound friendship in your grief, or the gift of an extended TAPS family.

Below we've shared a few easy gratitude practices you can do while exploring the natural world or in reflection of your nature experiences.

### *Three Ways You Can Practice Gratitude:*

1. **Acknowledge one thing at each level in the natural world and speak these gratitudes aloud or journal about them.** We've shared a few examples below.

- **On the Ground** (leaves, pinecones, small critters, different soils, mushrooms)
- **At Eye Level** (bushes, trees, animals, the horizon, what's in the distance)
- **Above You** (tops of trees, birds, stars, clouds)

2. **Enjoy nature with someone in your safe circle.**

One of the best ways to practice gratitude is to share time with someone else you love and trust. We can share vocally about something we are grateful for in the space or let the person we are with know we are grateful for them.

3. **Create something for yourself or someone else using things from the natural world.** Collect items in nature, then create something for your home or for someone else as a gift! The most important thing to remember is that there's no right or wrong here, you're just practicing gratitude.

### *THIS FRIDAY:*

- It is **Native American Heritage Day!** [Click here to learn more about the indigenous land you live on](#) and the importance of acknowledging native land.
- Instead of staying indoors, take a break from shopping on Black Friday and **#OptOutside!** [Click here to learn more about the movement and how you can #OptOutside!](#)

When you're ready, remember to share your experience with us by taking a photo or video and sharing it using **#TAPSOudors** or email us at [expeditions@taps.org](mailto:expeditions@taps.org).

*Learn More about* **TEAMTAPS** *and How You Can Turkey Trot on Thanksgiving*

This week we are partnering up with [Team TAPS](#) during their [20<sup>th</sup> Anniversary](#) and encouraging our families to get out and participate in the informal **Team TAPS Turkey Trot!** Here are a few ways to get involved:

- Visit our website and scroll down to [How To Join](#) to learn more about how to download your bib.
- Pick your distance, time, etc. (running, walking, biking, etc...) from wherever you are on Thanksgiving morning, and join your TAPS family across America thinking about/sharing three things:
  - A gift, honor, or memory your fallen loved one gave you.
  - In this challenging year of 2020, what is something positive you received?
  - That no matter where you are, your TAPS family is with you.

LEARN MORE AT [TAPS.ORG/OUTDOORS](https://taps.org/outdoors)

