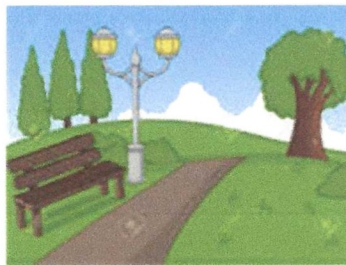


Peace Talk!

JULY Theme: Parks and Re-Creating Ourselves

U.S. Hop A Park Day is celebrated on the first Saturday of July, this year it will be celebrated on Sat., July 3. Celebrate the nice weather on a holiday week while enjoying the public parks, green spaces and outdoors as much as possible. Another benefit of the day is getting away from technology, televisions, and our phones. Take a stroll or throw a frisbee around. Many parks are centerpieces of our communities making it possible for many who do not have a yard to enjoy time in some outdoor space. As you are enjoying the space, visit with neighbors, savor a picnic lunch, or read a book you have long been wanting to dive into.

To find peace in nature, try exploring a park you have not been to before. Nearby parks include: Gwynedd Nature Preserve, Zacariah Creek Trail, Fort Washington State Park, Willow Lake Preserve, Prophecy Park, Norristown Farm Park, Penllyn Woods, Crossways Trail, Wentz Run Park, Harriet Wetherill Township Park. *Those parks with an underline have at least one PAVED Trail; those without an underline have dirt or gravel trails.*



Simple Park Activities to Consider: Play catch or kickball Throw a Frisbee

Find a shady spot to read a book Say hi to new people Draw a map of this park

Listen to the bird songs Watch the clouds Discover where a trail leads you

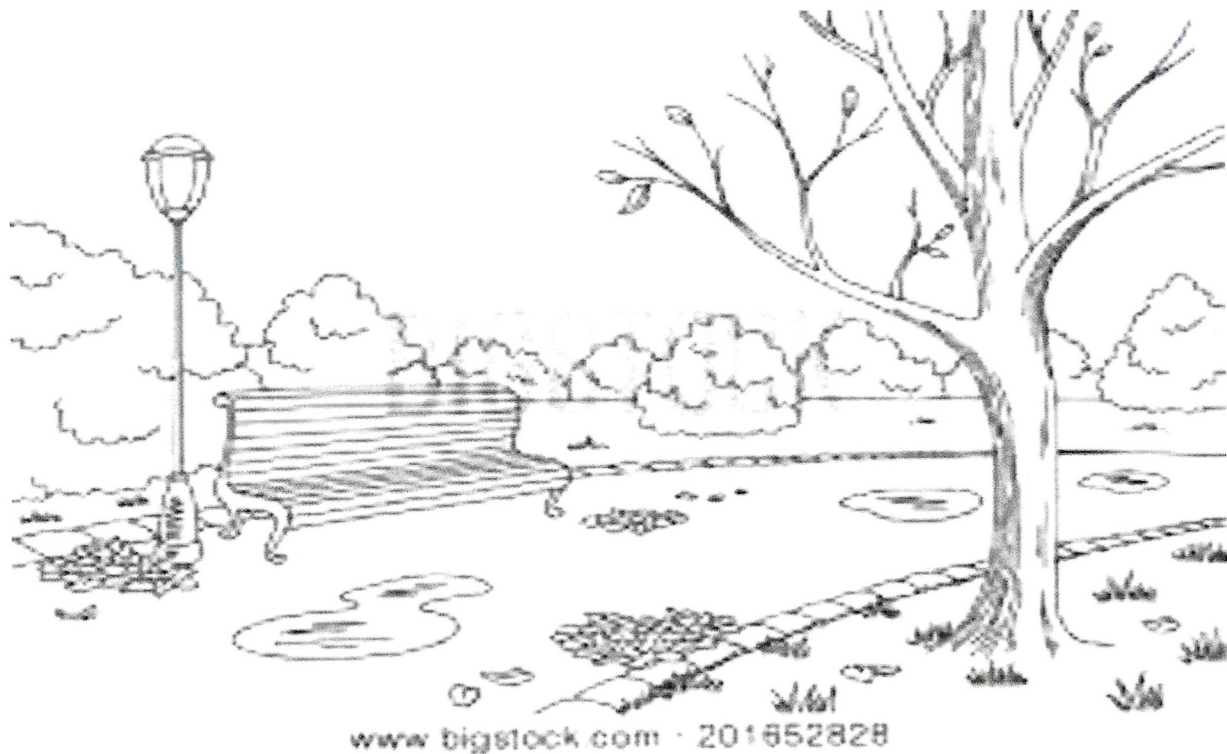
Dance barefoot Create chalk drawings on pavement Look for wildflowers

A Relaxation in a park—Lie flat on a mat, blanket, towel. On the first breath, tighten all the foot and leg muscles. Exhale and let go. On the 2nd breath, tighten the abdomen, hands and arms. Exhale and let go. On Breath #3, tighten the shoulders, neck and

face. Exhale and let go. Inhaling, hold EVERY PART tight once more, then on a long, full exhale, let everything relax. Check in with each part of your body to be sure it did let go. When you are ready, stretch, yawn and sit up slowly.

Resources: #NationalHopAParkDay; <https://nationaldaycalendar.com/hop-a-park-day-first-saturday-in-july/> ; A Relaxation Handbook by Diana Lampen

For coloring:



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