

# Nature Anchor Object Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is designed to help you ground yourself, cultivate mindfulness, and connect with the stabilizing qualities of nature to support emotional regulation and present-moment awareness.

## Step 1: Choose Your Nature Anchor

Pick a natural object that draws your attention:

- Stone
- Leaf
- Stick
- Pinecone
- Other: \_\_\_\_\_

Tip: Choose something small you can hold in your hand or keep nearby.

## Step 2: Mindful Observation

Take a few moments to really notice your object. Use your senses:

<b>Sense</b>	<b>Observations</b>
Sight	Color, shape, size, patterns: _____
Touch	Texture, weight, temperature: _____
Smell	Any scent or earthy aroma: _____
Sound	(If you tap or move it, what do you hear?): _____
Optional	Taste Only if safe and appropriate: _____

## Reflection

How do you feel after observing this object?

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Does it draw your attention away from worries or stress? If so, how? If not, might some other object help?

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### Step 3: Connect with Stability

Think about the qualities of your object. For example:

Stone → solidity, strength, permanence

Leaf → adaptability, growth, connection to cycles

Stick → flexibility, resilience, support

Write down the qualities that resonate most with you:

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### Step 4: Breathing & Grounding

1. Hold or place the object in front of you.
2. Take 3–5 slow, deep breaths.
3. As you breathe, focus on the stabilizing qualities of your object.

Mindful Statement:

“I am grounded. I am supported. I am present.”

Reflection:

How do you feel after this brief grounding exercise?

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