

small moments • full life



A Back-to-School Landing Moment

for the days when everyone has had enough

Protect one little
pocket this week

where nobody needs to
accomplish anything.

- Go outside if you can.
- Take twenty minutes after school.
- Walk, wander, or sit near water.
- Let the day settle before the next thing begins.

*Not to fix anything.
Just to help everyone land.*

A FULLER LIFE, ONE SMALL MOMENT AT A TIME.