

JOIN ECOACTION ARLINGTON'S LOVE OUR LIVING WORLD SERIES



CONNECT THE DOTS

Challenge yourself to love our living world in these 13 ways.

Be a biophilic!

Share your experiences with our community. Let us know if you discover the resulting shape!



Connect with us and each other through "Biophilia Live!" — and the Love our Living World Series of events and activities.

FIND OUT MORE AT ecoactionarlington.org

1. Go outside—and get exposure to natural sunlight/vitamin D for elevating your mood—at least once a day.

2. Visit a farmers market and buy something you've never tasted before.

3. Create a table centerpiece for your dining table with natural items.

4. Eat a meal only with foods grown within 100 miles—maybe meatless!

5. Plant something in your yard or on your balcony that attracts pollinators.

6. Take a walk in total silence.

7. Count birds in your yard or a local park.

8. Collect natural items that appeal to all of your senses.

9. Try a nature app : iNaturalist, i-Tree MyTree, Creek Critters, WildLab Bird. (or any citizen science or nature identification app)

10. Visit a park you've never visited before—try biking or walking there.

11. Learn the names of five plants or trees native to Virginia.

12. Take an indoor activity out—reading, phone calls, emails/work, art projects, preparing or eating a meal—anything! Be creative!

13. Biophilia is the idea that humans are innately drawn to and nurtured in body and soul by the living world. Inspire us (or yourself) with another way to be a "Biophilic" by finding a deeper connection to the living world around you.

