

# Honey Bear's Gifts of Nature

In the field and garden  
on a sunny day,  
Honey Bear stepped out  
to work and to play.

She took a deep breath  
and smelled the fresh air.  
A smile came to her face  
and her heart filled with care.

She loved the outdoors,  
to put her hands in the ground,  
to help plants grow,  
and to listen to the sounds.

She noticed things around her,  
the sounds of the bees,  
the smell of the earth,  
the wind blowing the trees.

She felt gratitude  
for the gifts she had found.  
Her heart filled with love  
and happiness was all around.

She took that love  
and shared it with others,  
with words and actions  
that brought them together.

Gratitude starts in your heart  
and spreads out from there.  
We notice we are connected  
and are grateful to be here.

Many things can start it,  
a gift or a word,  
a hug or a snuggle,  
the tweet of a bird.

When you give to the Earth  
and the Earth gives to you,  
you can share all the love  
and grow gratitude.

Repeat after me  
these words to invite  
gratitude in your heart  
and love in your life.

I care for the Earth  
and it cares for me.  
We are all connected  
and grateful to be.