



# KINDNESS AND NATURE

**Gina Murphy–Darling**  
Founder/Mrs. Green  
Mrs. Green's World



---

## Kindness and Nature: How Are They Connected?

**The Inextricable Bond:** In Mrs. Green's World, we believe that all kindness begins with being kind to Nature. Nature provides us with all we need to survive, from the air we breathe to the food we eat to the water we drink. There is only one source. It is critical that kindness to the earth be one of the foundational building blocks on which other kindnesses are built.

Now more than ever in our shared human history, we need to consciously find creative and impactful ways for children and youth to experience nature—as consistently and as frequently as possible. By observing our surroundings, we begin to understand both the complexity and beauty that nature brings into our lives. If we are connected to our environment, we begin to understand the delicate balance that exists in nature and we want to be a part of protecting it. We also begin to understand that Mother Earth provides us with all we need to survive and thrive. The case can be made for the belief that what fosters love of the world is connection to nature. When we see things like birds covered in oil from an oil spill, we begin to feel a connection, and we begin to care for something larger than ourselves. We want to be kind. When we see entire forests quickly wiped out by mega-fires, we are deeply impacted. Something inside of us is stirred and we understand the urgent need to be conscious, to be kind, and to be engaged.

In the age of endless distractions, the challenge to connect with nature can be daunting and frustrating, but we can't ever give up. There are volumes of research available to us that support the benefit of children and youth spending time in nature. The benefits are life-long and impact all of us positively. But most importantly, the more time spent in nature, the more likely it becomes that we will choose to walk gently upon the earth. At this point in our society's development, it's not a stretch to say we all need to be good stewards who choose to tread lightly on this planet and teach our children to do the same.

### Kind Actions for Nature

**Create space in your life to be in nature.** It doesn't have to be a vacation to a national forest or a trip to the ocean. The time spent can be in your back yard, at a local park, or anywhere where there are open spaces. Once there, be present—breathing the fresh air, feeling the grass under your feet, listening to the birds, observing the bees that might be busy at work, being fully present so that you experience nature and all its wonder. Once that happens, connection and the feeling of kindness toward our Earth will naturally occur.

**Consume less.** Kindness to Nature requires all of us to live better by consuming less. Every single manufactured good we purchase comes with a price tag—use of water, use of packaging materials, consumption of energy to transport it and ultimately to dispose of it. Be mindful that the first “R” in the “Reduce, Reuse, Recycle” message is the most important one—reduce. Reducing your overall consumption in almost every aspect of your life is the kindest thing you can do for nature.

*Continued on Next Page...*



## KINDNESS AND NATURE

### Kind Actions for Nature – *Continued*

**Make conscious food choices.** Organic or naturally-raised produce is inherently kind to Nature. Food grown in earth-friendly ways contains no pesticides, herbicides, or insecticides. The result? Our soils, rivers, oceans, and air are not contaminated by the harsh and harmful chemicals contained in each of those deadly killers. If we are what we eat and drink, kindness to Nature and to ourselves suggests that we fill our bodies with nourishing, chemical-free, healthy food and drink.

**Avoid the use of plastic in every way you can.** Study after study continues to prove that our exposure to plastics can be linked to numerous kinds of cancer, auto-immune diseases, and endocrine disruption. Simply put, our over-use of plastic of all kinds is taking its toll on our health and is not, in any way, shape, or form, kind to Mother Earth. In addition to harming our health, plastic is polluting our oceans, our landscapes, and our rivers and streams. You don't want your straw to be one that ends up in the throat or nose of a turtle. That is not an act of kindness. Imagine a world without plastic or even a world with far, far less plastic, and you imagine a world that leaves a kinder, gentler human footprint.

**Be a mindful consumer!** Every purchase you make makes a statement, has an impact on the planet, and can have an impact on your health as well. Are you supporting locally-owned businesses? Do you know your farmer? Are you buying clothes from a company that is kind to their employees? Was the person making the “thing” that you are purchasing paid a livable wage? Is the hair product or skin care product or cleaning product you are using safe for you? Or might it contain chemicals that are harmful to you or to the Earth? Might it be harmful to your child or your pet? If it is harmful to you, it is not kind to Nature.

### Want to know more about Kindness and Nature?

Learning more about creating a kind and sustainable future for us and for our planet is one click away:  
<https://www.mrsgreensworld.com/>

To learn more about healthy products, healthy food, and safe cosmetics, visit Environmental Working Group:  
<https://www.ewg.org/>

To understand more about sustainable fashion: <http://fashionrevolution.org/>

To engage in reducing plastic consumption:

One Less Straw Campaign: <https://onelessstraw.org/>

Be Straw Free: <http://www.plasticpollutioncoalition.org/no-straw-please/>

For ideas about creating connections in nature, visit Connecting Kids with Nature:  
<https://kids.nwf.org/Home/What-We-Do/Kids-and-Nature/Programs.aspx>

To understand the importance of shopping locally, with tons of great research no matter where you live:  
<https://www.localfirstaz.com/studies/>

For tips on healthy eating and living: <https://www.nrdc.org/issues/food>