



Stop & Sniff *the Flowers*

A Mini Field Guide

for Slow Moments,
Soft Days & Simple Joy

Sniff List

- ☐  Sit in the sun for 5 minutes with no distractions
- ☐  Take a "no-rush" sniff walk
- ☐  Notice 3 smells outside right now
- ☐  Touch something natural (grass, leaf, tree bark)
- ☐  Watch something move
- ☐  Watch something move (birds, wind, bugs)
- ☐  Pause before reaching for your phone

You don't need
more time.
Just more
noticing.



DON'T FORGET TO STOP AND SNIFF THE FLOWERS

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When you need...



CALM

rosemary, lavender

Take a deep breath and let it go.



JOY

wildflowers, poppies

Find the bright. Follow it.



GROUNDING

grass, soil, garden earth

Feel the earth. Be here now.



NOSTALGIA

citrus blossoms, honeysuckle

Let the scent take you back.



PEACE

shaded trees, quiet gardens

Find your quiet place.



A little reminder



You don't have to earn rest.

You don't have to rush joy.

You don't have to do
everything today.

Sometimes the most
important thing
you can do...

is nothing at all.

Just sit.

Just breathe.

Just notice.



NATURE DOESN'T FIX EVERYTHING...
BUT IT REMINDS YOU HOW TO FEEL AGAIN.



If this guide brought you
a moment of calm,
send it to a friend who
needs a breath of fresh
air today. 💛

Share
the Joy

