

Overview:

- **What Does It Mean To Bloom?**
- **When Do Flowers Bloom?**
- **How Do We Experience Changing Cycles?**
- **What is Mindfulness?**

What Does It Mean to Bloom?



**Bloom (noun):
the state or period of flowering**



**Bloom (verb):
come into or be in full beauty
or health; flourish**

When Do Flowers Bloom?

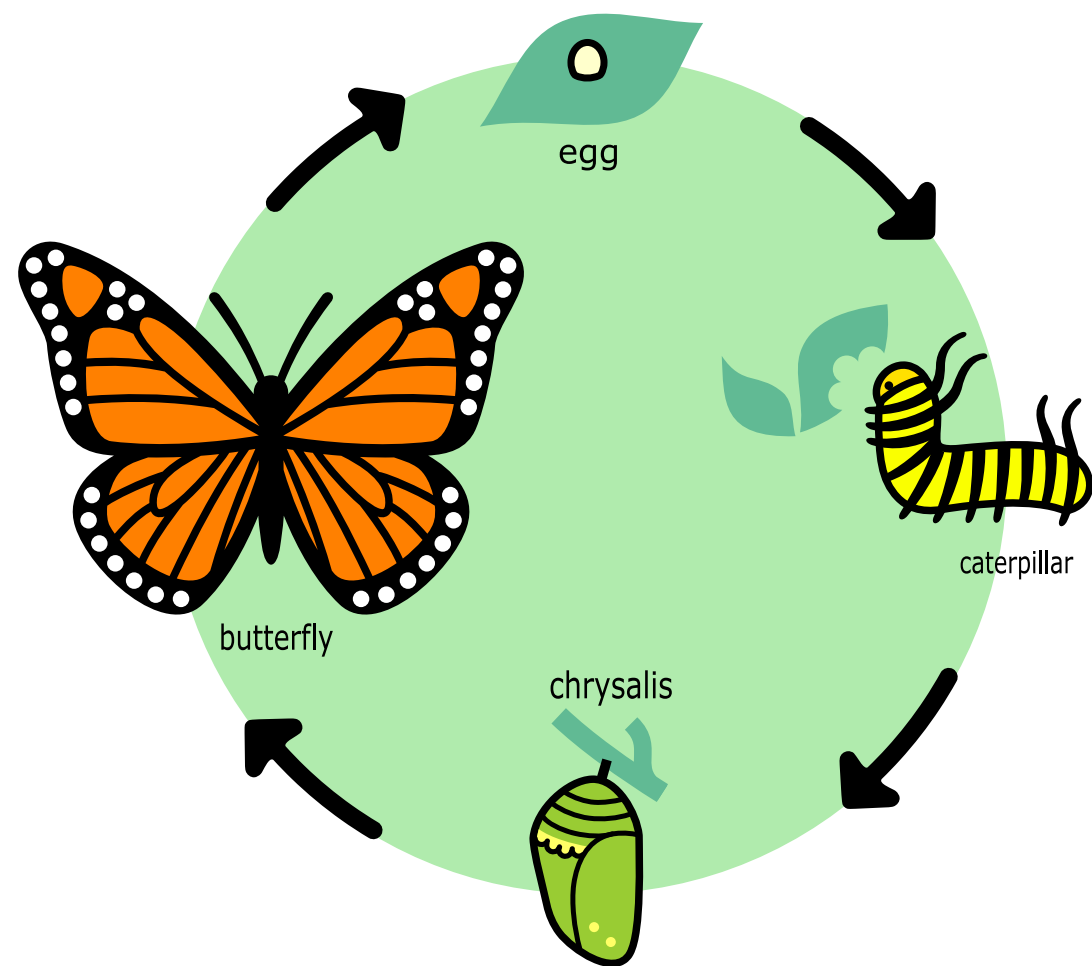
That depends on your climate!

- In coastal California, we live in what is called a **Mediterranean Climate**
 - There are only six in the world: California; Central Chile; the Mediterranean Basin; the Cape Region of South Africa; and Southwestern and South Australia
 - These climates are distinguished by warm, wet winters and calm, hot, dry summers. That means we see most of our blooming flowers between mid-March and late July!

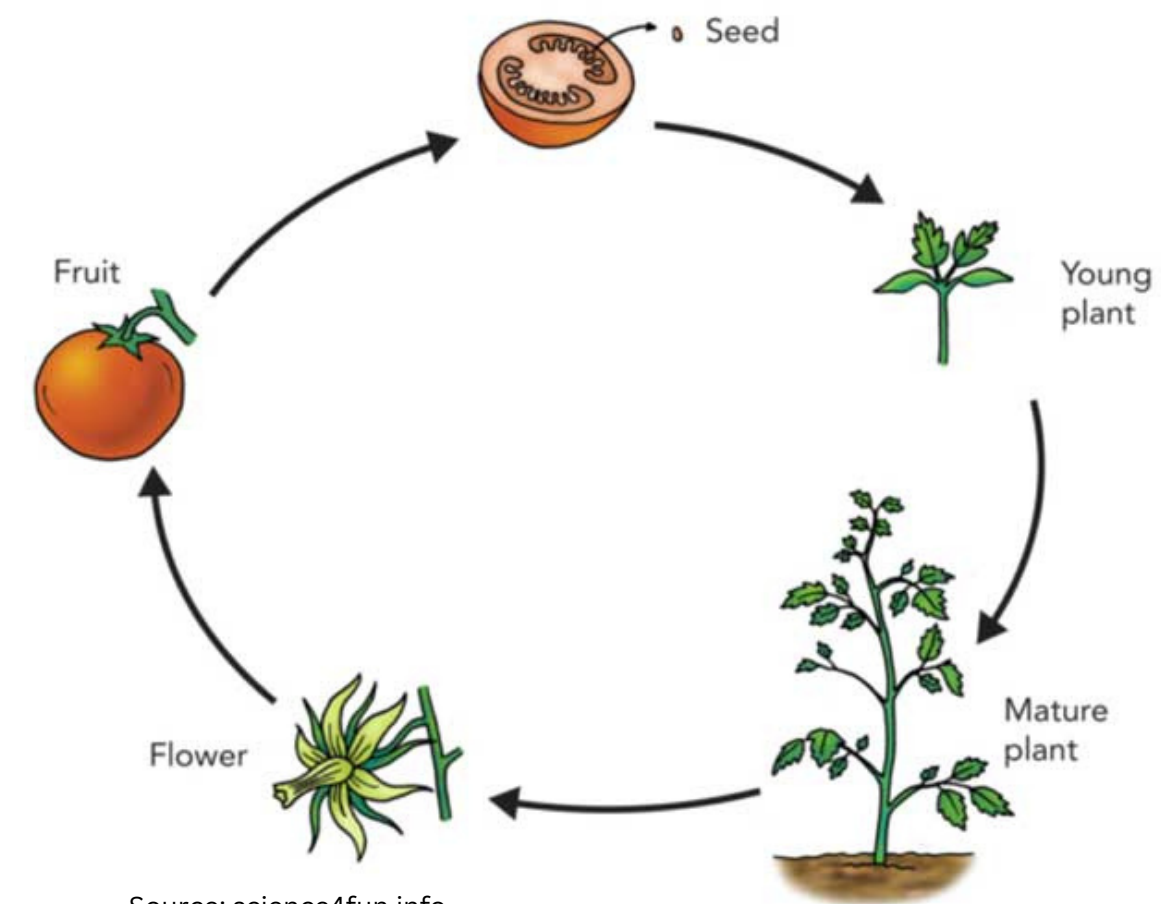


Source: Coastal California Map.svg

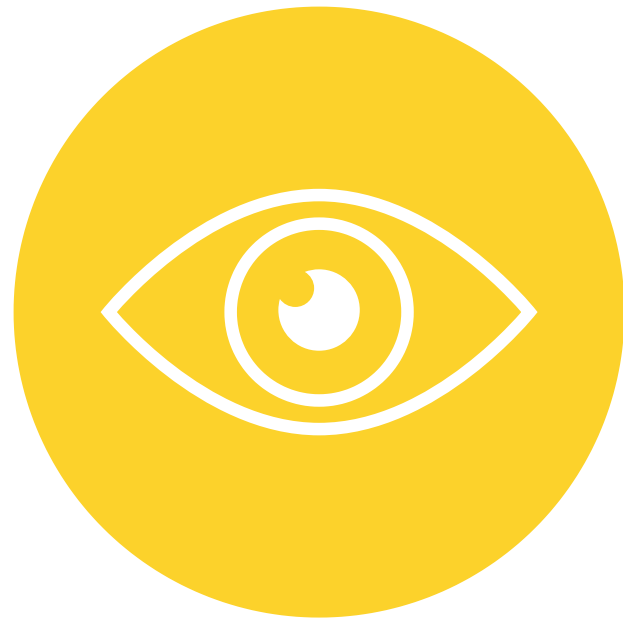
How Do We Experience Changing Cycles?



Source: Wikipedia



Source: science4fun.info



Use Your Senses!

Can You Name All Five?



Mindfulness

A mental state achieved by focusing on our awareness of the present moment!

Being mindful can help us calmly accept our feelings and thoughts, and to stay present.



Some Ways to Practice Being Mindful:

- Take a big breath from your belly!
- Name **5** things you can see, **4** things you can touch and **3** things you can hear.
- Active practices that focus on breath, like yoga or meditation!

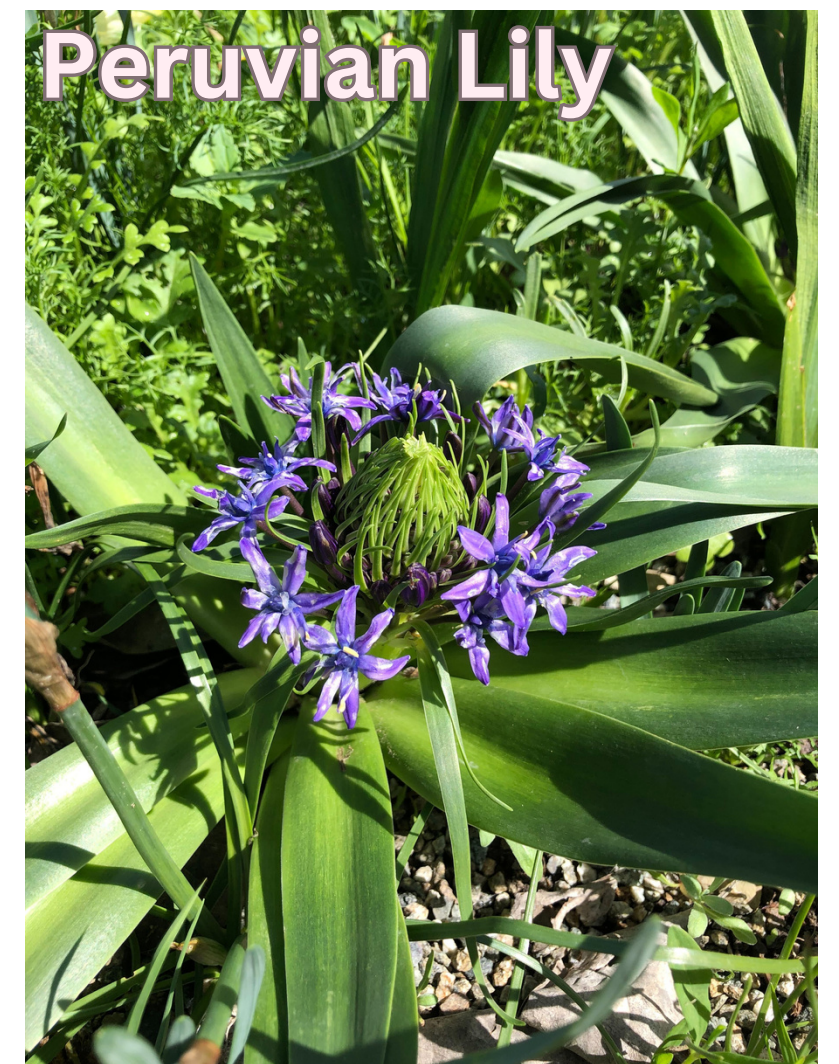
Mindfulness and Flowers

What do they have to do with one another?

Interacting with the world around you can help you feel more grounded! When you smell a flower, feel the wind or touch grass, you can feel more connected to what's around you, and, by extension, yourself, and your feelings and thoughts!



Flowers You Might See At Bloom!



Photos by Terry Huang, Director of Living Collections