



Greater Good in Education  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## A LUV<sup>1</sup> MOMENT

As you look up you may notice the sun is holding her warm blanket to gently wrap around your body. Perhaps you might join in the conversation with the bird family who are chatting about their last flight perched above your head. You may decide to stay a while and lay down a smile for another friend to rest upon, cushioned under the fold of her wings. Or perhaps notice darkness distracted by fleeting shadows on their way to find light.

However mother nature beckons you, look up to drink in the patterns she pours for you to savor from her overflowing cup. Listen attentively to her mysteries, her ever evolving wonders of life. Now allow nature to take your hand on this journey that is the work your life has called you to. Allow the self to be transformed, trusting the universe knows and sees all.

Look up often and enjoy LUV moments.

—Linda Mary Noble

<sup>1</sup> LUV = Look Up Vibe