



# Get Outdoors

## A Mindfulness Guide to Noticing Nature

ASCA Alignment  
Alignment by Dr. Danielle Schultz

**Book Title:** *Get Outdoors*

**The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student**

*Each of the following standards can be applied to the academic, career and social/emotional domains.*

**Category 1: Mindset Standards**

|    |  |
|----|--|
| 1. | Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being |
|----|--|

**Category 2: Behavior Standards**

**Learning Standards**

|    |   |
|----|---|
| 1. | Demonstrate critical-thinking skills to make informed decisions |
| 2. | Demonstrate creativity  |
| 4. | Apply self-motivation and self-direction to learning            |

**Self-Management Skills**

|    |  |
|----|--|
| 1. | Demonstrate ability to assume responsibility                               |
| 2. | Demonstrate self-discipline and self-control                               |
| 4. | Demonstrate ability to delay immediate gratification for long-term rewards |

**Social Skills**

|    |  |
|----|--|
| 1. | Use effective oral and written communication skills and listening skills               |
| 3. | Create relationships with adults that support success                                  |
| 9. | Demonstrate social maturity and behaviors appropriate to the situation and environment |

**ASCA MINDSET AND BEHAVIOR STANDARDS:** MS.1, BS.LS.1, BS.LS.2, BS.LS.4, BS.SMS.1, BS.SMS.2, BS.SMS.4, BS.SS.1, BS.SS.3, 8, BS.SS.9