

Biophilic Design Checklist and Planner for Busy Families

Use this checklist and planner to bring the calming effects of nature into your home, one step at a time!

Biophilic Design Checklist

- Incorporate at least one plant in each room
- Maximize natural light (open curtains, use mirrors)
- Add natural materials (wood, stone) to decor
- Introduce nature-inspired colors (greens, blues, earthy tones)
- Set up a small water feature (e.g., tabletop fountain)
- Use natural scents (essential oils, potpourri)
- Hang nature-themed artwork
- Create a dedicated green space (e.g., reading nook with plants)
- Incorporate natural textures in fabrics (e.g., linen, wool)
- Set up a nature sound machine or playlist

30-Day Biophilic Design Planner

Week	Focus Area	Tasks
Week 1	Plants	<ul style="list-style-type: none">- Research easy-care indoor plants- Purchase 2-3 plants- Place plants in living areas
Week 2	Natural Light	<ul style="list-style-type: none">- Rearrange furniture to maximize natural light- Clean windows- Add a mirror to reflect light
Week 3	Natural Materials	<ul style="list-style-type: none">- Add wooden or stone decorative items- Replace synthetic throw pillows with natural fabric ones- Introduce a natural fiber rug
Week 4	Scents and Sounds	<ul style="list-style-type: none">- Set up an essential oil diffuser- Create a nature sounds playlist- Make or buy natural potpourri

Remember, small changes can make a big difference. Adapt this plan to fit your family's needs and enjoy the process of bringing nature into your home!

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