

TOUGH GRASS (BEFORE IT'S TOO LATE)

A mildly ironic bingo card for staying in your body.

Sit in a patch of grass and pretend you're part of the ecosystem

Leave your phone at home and experience mild, character-building panic

Watch people pass by and remember you're also one of them (unfortunately)

Eat something slowly and consider the absurdity of having a body

Walk with no destination and refuse to optimise the experience

Find one small, strange detail in the world and fixate on it

Touch grass and try not to assign meaning to it

Sit somewhere you don't belong and act like you do

Look up at the sky long enough to feel briefly insignificant



MARY COLUSSI

TOUCH GRASS

What to do when you might be better at
being a cactus than being yourself?