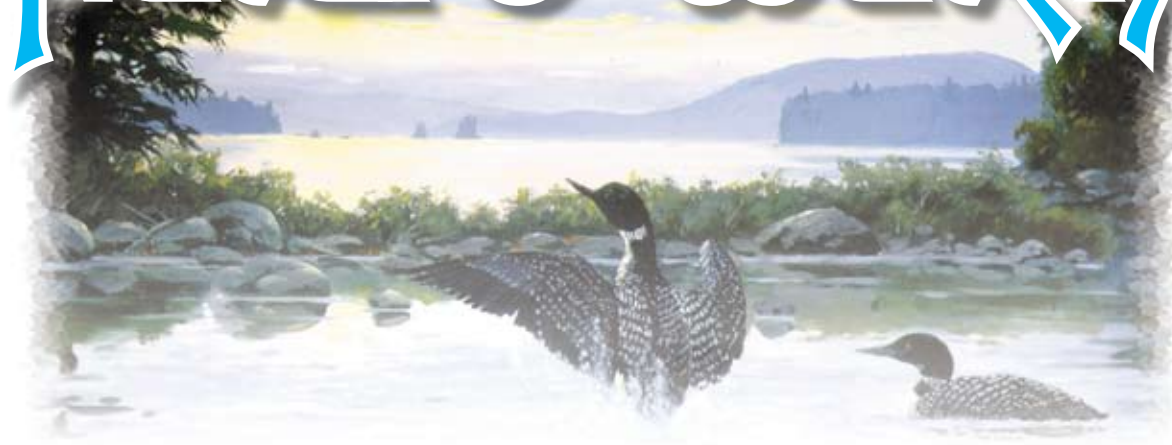


Nature Watch



Things are happening all around us. Plants and animals are doing their thing without our even knowing it. When we slow down and start paying attention, it is amazing what we can see and hear, feel and smell.

Find a quiet place that feels comfortable to you. You might want to bring something soft to sit on. Don't forget writing or drawing materials.

Sit quietly and be patient. Turn your head slowly and look all around. Pay attention to sounds, smells and how you feel.

On the next page are lists of things that might be around you. Check the ones that you notice. There is space for you to record others.

Remember - the important thing is to relax and observe.

THINGS I SEE

- animals
- insects
- on flowers
- insects flying
- birds
- moving branches

THINGS I HEAR

- animals
- insects
- birds
- people
- wind

THINGS I FEEL

- the sun
- the wind
- insects
- ground
- water

THINGS I SMELL

- campfire
- trees
- the earth
- dampness
- wild flowers

Use this space to write about what you are seeing, hearing, feeling or smelling.

Draw a picture of your special place