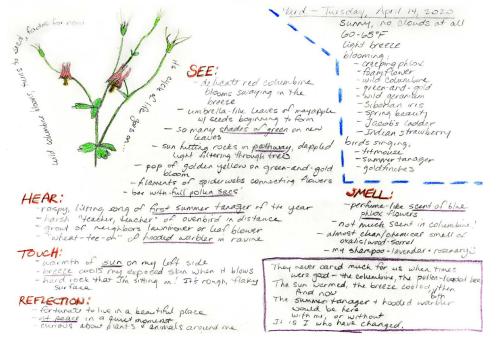
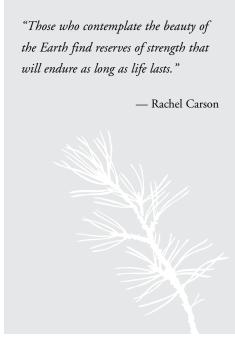
Nature Neighborhood



Sitting quietly in nature and observing the life and patterns going on around you can be a relaxing experience. Recording your thoughts, observations and feelings in a Nature Journal will help you reflect on the experience and can set the stage for future observations and reflections.

Using Your Senses to Observe Nature





Materials:

Nature Journal

Pen or pencil

Colored pens or pencils

Having fun?

Tag @naturalsciences on social media, so we can see you and your loved ones enjoying your nature neighborhood.

Instructions:

- 1. Choose a special site where you can sit comfortably and think.
- 2. Find your best view of your special site and sketch it.
- **3.** Pay attention with all of your senses. Record your observations for each of the following questions in your nature journal.
 - · Look around you. What do you see that is beautiful?
 - Close your eyes and listen. Describe the sounds you hear.
 - Take a deep breath. Can you smell trees? Water? Write down words to describe what you smell.
 - Pay attention to your sense of touch. Describe the sensations you feel—the sun, the wind, the earth.
- 4. Reflect on this moment in nature. How do your surroundings make you feel?
- **5.** Look back over what you've recorded. What are some of the key words and phrases you wrote down?
- 6. Take a moment to immerse yourself in your surroundings.
- 7. Begin writing. Write without editing so your true feelings will be captured. Your writing can be any form you like-prose, poetry, stream-of-consciousness. Use words and phrases from your observations to try and capture how you felt when you looked at, listened to and smelled your surroundings.
- **8.** When finished, take a deep breath and enjoy your special place. Look back over your writing and make any minor changes needed.