Sights, Sounds, & Smells of Nature

1. Find a spot where you can observe nature.

2. Set a timer for 10 - 15 minutes.

3. During those 10 - 15 minutes, observe what you see, hear, and smell.

4. When time is up, make a list of everything that you saw, heard, and smelled.

5. Beside each item on your list, write down how it made you feel.