

## LET'S PUT OUR SENSES TO WORK!

Sight, smell, hearing, taste, touch: Follow the guide below to use each one!

- Settle into a comfortable position and take three deep breaths.
- Look down, look up, look out. Write down four things you see. Be specific: blade of grass blowing in the wind or cardinal in maple tree.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

- Close your eyes and listen closely. Then, write four things that you heard.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

- Touch the earth. Use adjectives to describe what it feels like:

- Smell the air. What are the scents of spring?

**HOW ARE THINGS IN NATURE ENTANGLED? WHERE DO YOU FIT IN?**  
Choose one part of nature you observed. Sketch it here.

**Reflecting on your observations and sketch:**

- Words to describe it?
- What is it connected to? What is it touching?
- Then, what is that object touching?
- Then, what is that object touching?
- Thinking back to the original object, what does it need to live? To survive?
- How is it different in the summer than in the winter?
- Ask the natural object two questions.

