LET'S PUT OUTZSENSES TO WOTZK!

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. blade of grass blowing in the wind or cardinal in maple tree.	Be specific
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• Close your eyes and listen closely. Then, write four things that you heard.

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3.	
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- 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:

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- 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.

•	How do you feel about this natural object?
•	What if it disappeared? How would that affect the things it's near?
•	What if it were replaced with a plastic replica—how would that change things?
If yo	u have time, try to make a poem from all of these observations!