

My Place in Nature Journal

Explore My Connection to Nature

My Sit Spot

Find a place to sit quietly and observe

Location: _____

Date: _____ Time: _____

Weather: _____

Slow down...

Take a slow breath in.... and out...

Notice the natural world around me...

What can I sense?

 **5** things I can **see**...

What details do I notice?

 **4** things I can **touch**...

What does each one feel like?

 **3** things I can **hear**...

What are those sounds?

 **2** things I can **smell**...

What do they remind me of?

 **1** thing I can **taste**...

Is it something I ate or drank?

I notice...

Choose a living thing nearby.

Sketch and label:

- its name
- interesting things I notice about it and the senses I used to help me notice them
- what it might need to live here
- what might be its biggest challenge

I feel...

How does being in nature make me feel?

☐ calm ☐ hopeful

☐ curious ☐ peaceful

☐ excited ☐ relaxed

☐ happy ☐ worried

☐ other: _____



My Nature Notes

Write or sketch what I noticed with my senses



My Nature Feelings

Write or sketch why nature makes me feel this way