



Stare at the Sky...



Look out the window or, lie down and look up at the sky:

What colour is it?

Are there any clouds? What shape are they?

Can you forecast the weather by looking at the sky?

Stop awhile and listen...



Sit outside, or near a window. Close your eyes and listen...

Listen closely... Can you hear any sounds from nature?

What do you hear?

What are they?

Look at the Shape of a Tree...



In your garden, or local park:

Does it have any leaves? Are the branches all the same?

Stand or sit under a tree.

What shape is it? Round & Fat? Tall & Thin?

What's the name of **this** tree? (Acorns grow on it!)

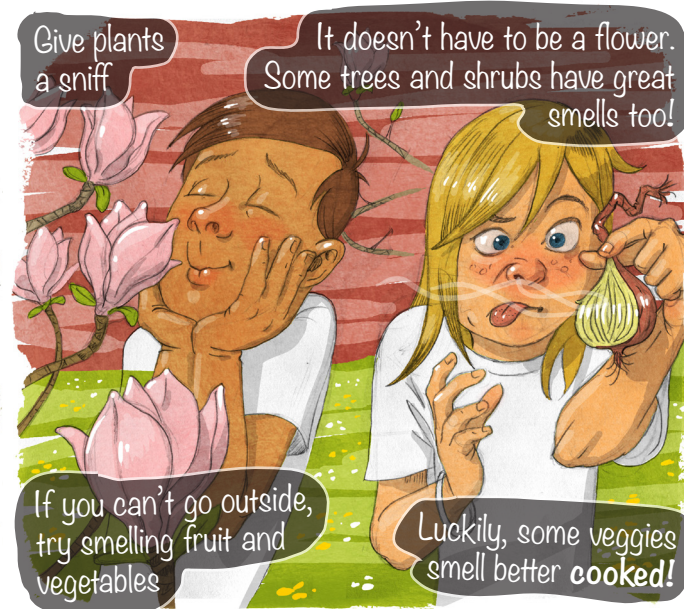
Touch!



Out in nature, feel a leaf, the bark of a tree, or the grass under your feet!

Notice the different textures that you touch all around you. Can you describe how they feel?

Scents from Nature



Give plants a sniff

It doesn't have to be a flower. Some trees and shrubs have great smells too!

If you can't go outside, try smelling fruit and vegetables

Luckily, some veggies smell better **cooked!**