

# Date with Nature

Today's Date: \_\_\_/\_\_\_/\_\_\_

Right now I see \_\_\_\_\_,  
(noun)

\_\_\_\_\_, and \_\_\_\_\_.  
(noun) (noun)

When I close my eyes, I hear \_\_\_\_\_  
(a sound)

\_\_\_\_\_.

If the \_\_\_\_\_ could talk, it might say  
(type of plant)

\_\_\_\_\_  
(piece of advice)

A small detail I'm noticing is

\_\_\_\_\_  
(something small)

I'm in awe of \_\_\_\_\_  
(something that sparks your sense of wonder)

\_\_\_\_\_.



Take a deep breath and sit for a few minutes in silence, using all of your senses to take in your surroundings. If you could sum up my time in nature today, what would it look like?



*Draw, add a few words, write a poem. You decide!*