

GRATITUDE FOR NATURE WALK

Stroll any of the Nature Center trails and discover what are you grateful for in our natural world. Find a spot to pause and select a prompt from below. Continue on, taking the time to stop along the way and pick another prompt. Write or draw in the space provided for each prompt.

Notice something new

Investigate something familiar on the trail and see if you can notice anything new about it. What did you discover? Write or draw it below.

Observe

Find a spot where you can stand or sit and look up at the sky. What do you see? Take some time to observe what is above you. Write or draw it below.



Listen

At your next hiking pause, take a few minutes to be still and focus on what you can hear. Close your eyes to help you listen. What do you hear? Describe it below.



Zoom In

Find a spot where you can get really close to a natural object. What do you notice? Is the object covered in snow? Can you identify an individual ice crystal? Write or draw it below.

Gratitude

Take a deep breath, observe and think about your surroundings. What are you grateful for when out in nature? Write or draw it below.

When you arrive back at the Nature Center, please feel free to share your nature gratitude experience and attach your sheet to the bulletin board inside !