Being out in nature is not just fun—it’s good for you! When we spend time in nature, we feel more connected and calm. How do each of the five senses help you connect with nature and your well-being?

**SIGHT**

Can you find something in nature that is shaped like a triangle? Draw it here.

**SOUND**

Sit quietly and listen...what do you hear? Mark each sound you discover!
- Birds chirping
- Twigs snapping
- Leaves crunching
- Water running
- Wind blowing
- Bees buzzing

The open air is refreshing! Aromas and scents can boost your mood, ignite your memory, and even warn you of danger! Rain, dirt, wet tree trunks, plants and flowers all have their own scents. Hunt for several smells and describe them in the circles below:

**SMELL**

Flower petals feel like ________________

Walking barefoot in the grass reminds me of __________________________

The bark on a tree feels like _____________

Describe any differences you find between any two rocks you discover on your walk. ___________________________________________________________________

**TASTE**

Do you have a garden at home or in your community? Circle each herb or veggie you have tried at dinnertime:
- THYME
- MUSHROOMS
- KALE
- TOMATOES
- ROSEMARY
- SAGE
- CARROTS
- ZUCCHINI
- PARSLEY
- CHIVES
- CUCUMBER
- LETTUCE
- SPINACH
- BROCCOLI
- PEPPERS

**TOUCH**